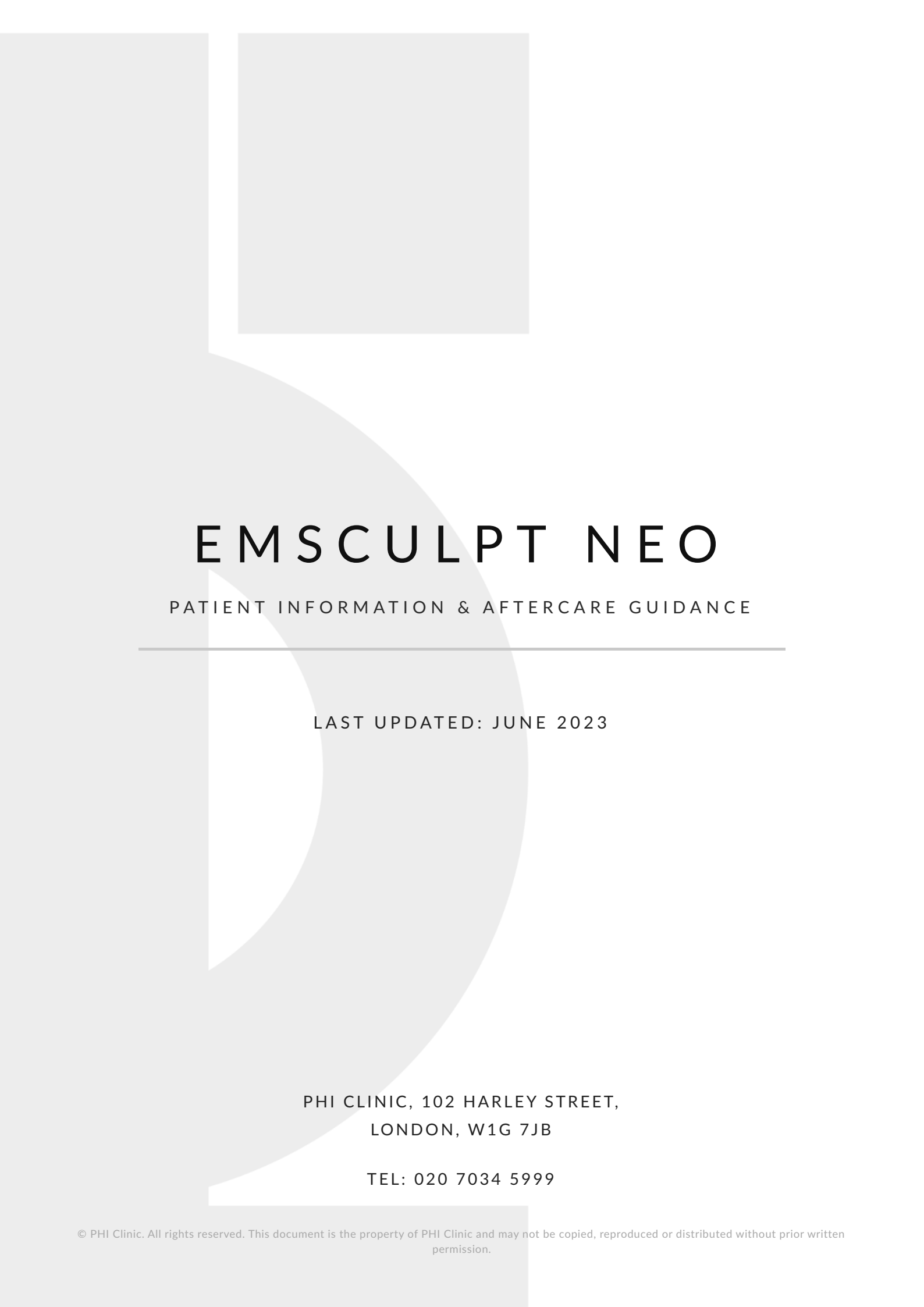




EMSCULPT NEO

PATIENT INFORMATION & AFTERCARE GUIDANCE

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EMSCULPT NEO INFORMATION

WHAT IS EMSCULPT NEO?

EMSCULPT NEO is the first and only non-invasive body shaping procedure that uses radiofrequency (RF) heating for fat reduction and high intensity focused electromagnetic energy (HIFEM®) for muscle strengthening and toning in a 30-minute session. The end result is fat reduction and muscle growth and skin tightening all in one session. Clinical studies showed on average a 30% reduction in subcutaneous fat and 25% increase in muscle volume after a course of treatment.

HOW DOES EMSCULPT NEO WORK?

EMSCULPT NEO simultaneously uses synchronized RF and HIFEM+ energies to treat muscle, fat and skin. Due to the radiofrequency heating, the muscle temperature quickly raises by several degrees. This prepares muscles for exposure to stress, similar to what a warm up activity does before any workout. In less than 4 minutes, the temperature of the subcutaneous fat reaches levels that cause apoptosis (fat cell destruction) which results in the fat cells being slowly removed from the body as waste product. Bypassing the brain limitations, HIFEM+ energy contracts the muscle fibers that are not achievable during voluntary workout. Extreme stress forces the muscle to adapt, resulting in an increase in the number and growth of muscle fibers and cells.

HOW IS THE TREATMENT PERFORMED?

EMSCULPT NEO procedure is simple and easy. There is no pre-preparation required for this procedure. You will lay down while the applicators are applied over the treatment area for 30 minutes. During the treatment you may feel intense yet tolerable muscle contractions along with a heat sensation which is comparable to hot stone massage. Once the procedure is completed, you can immediately get back to your daily routine. EMSCULPT NEO treatments may feel intense but should never be painful.

WHO IS A GOOD CANDIDATE FOR EMSCULPT NEO ?

EmSculpt Neo is suitable for anyone looking to improve muscle tone, decrease fat and improve skin quality to the body. Emsculpt Neo works best for people who already lead an active lifestyle and balance diet.

HOW OFTEN SHOULD I HAVE TREATMENT, AND HOW MANY WILL I NEED?

The protocol for EMSculpt Neo is usually four 30-minute treatments, scheduled 5-10 days apart for best results. It is advised to have maintenance treatment at 3 months intervals following a course of treatment.

WHAT RESULTS CAN I EXPECT?

It is important to understand that while results are long-lasting, they are not permanent. Although EmSculpt Neo has significant fat reduction and toning ability it does not replace a healthy diet and lifestyle. Factors such as weight gain, unhealthy lifestyle, damage to the skin or the development of a medical condition can also impact the results achieved. Maximum results are experienced 1-3 months after the last treatment. EMSculpt Neo procedure does not help with weight reduction and is not a comparison to liposuction. The therapy helps reduce your fat and build your muscles.

WHAT WILL I LOOK LIKE?

Initially the skin will remain red for up to an hour after treatment and may be hot to the touch. While there is no downtime the skin can remain slightly red with minor swelling to the area 24-72 hours post treatment. Normal daily activities may be resumed immediately post treatment. Recommended aftercare advice will be given after each treatment to help to achieve the best results possible and to minimise complications.

IMPORTANT INFORMATION

Please inform your practitioner of metal implants such as pins and plates and any medical devices such as pacemakers or diabetes monitors that you have.

Good nutrition and hydration prior to this treatment is essential for this treatment to work as the device will not operate if the client is dehydrated. Please ensure you have eaten prior to treatment.

HOW MUCH WILL IT COST?

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and severity of the concern. Packages start from £2800 for a course of 4 treatments

NEED MORE INFORMATION?

Please call **0207 034 5999** or email **info@phiclinic.com** if you would like further details about your treatment, or to schedule for an appointment.

EMSCULPT NEO AFTERCARE INFORMATION

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

- You can resume your daily activities as normal post treatment.
- It is important to understand that weight gain or loss due to unhealthy diet and lifestyle as well as damage to the skin such as sun exposure may impact results. Developing a medical complication or becoming less mobile may also have effect on the results achieved.
- The area may be slightly red and warm with tenderness to touch for a couple of hours post treatment.
- We advise you book your course of treatment at 1 week intervals for best results.

COMMON SIDE-EFFECTS OF TREATMENT INCLUDE:

- Swelling and/or redness for 2-3 days
- Mild tenderness
- Delayed onset muscle stiffness

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have had medications administered to you pre or during this treatment.

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**