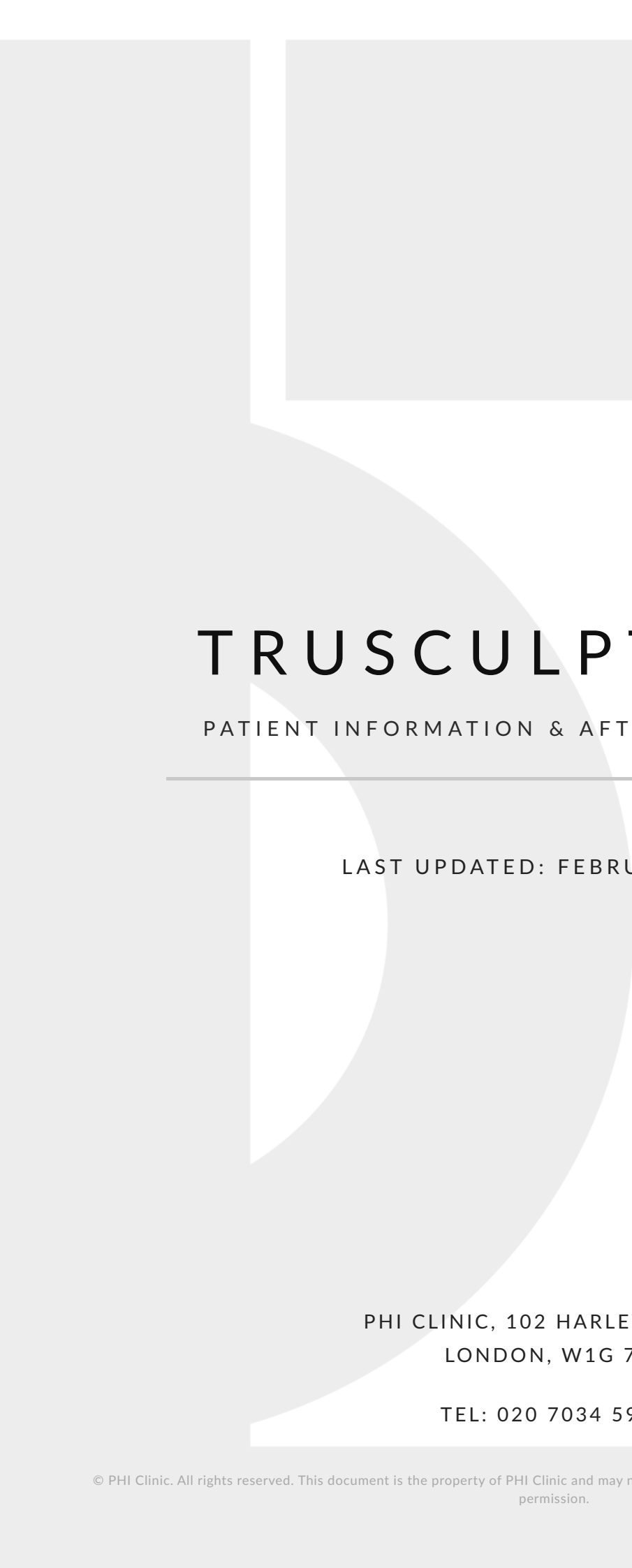




TRUSCULPT FLEX

PATIENT INFORMATION & AFTERCARE GUIDANCE

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TRUSCULPT FLEX INFORMATION

WHAT IS TRUSCULPT FLEX AND HOW DOES IT WORK?

During traditional strength training, the brain sends a signal to the nervous system and motor neurons to contract skeletal muscle involuntary. During a Trusculpt treatment, the process bypasses the brain and instead the device sends an electrical current through the handpiece quads. Trusculpt offers a high level of intensity and an increase in the basal metabolic rate to provide accelerated muscle growth. The therapy used is EMS – Electrical Muscle stimulation, where electrical impulses are generated and delivered through electrodes placed on the skin over the targeted muscle causing them to contract. The Trusculpt will perform a range of frequencies Intense twists and turns of the muscle which could not be achieved from a normal PT session/ gym work out. Three treatment modes – PREP, TONE AND SCULPT - provide a bespoke flexible treatment plan, targeting specific muscle on higher energy than any other muscle-building device.

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

1 or 2 areas can be performed on the same day. Active, healthy patients are recommended an initial course of 4 sessions over 2 weeks, and non-active patients may require 6 sessions over 2 weeks. Treatment areas include - back of thighs, front of thighs – including inner thigh, buttocks, arms, abdomen and obliques, calves. Maintenance is recommended just the like regular exercise at the gym.

WHAT RESULTS CAN I EXPECT?

Clinical studies for TruSculpt Flex have shown an average of 33% increase in muscle mass after a series of 4-6 treatments. Muscles will continue to develop in the weeks after treatment, with optimal results visible approximately 12 weeks after last treatment.

IMPORTANT INFORMATION:

It is advised to eat and drink well the day of and the days leading up 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.

ARE THERE ANY SIDE EFFECTS?

We advise that patients may experience tingling in the treated area for a few hours after treatment, but this should subside. You may also experience muscle soreness for 24-72 hours post-treatment. In rare cases, side effects may include risk of thermal burns and delayed muscle contraction. If you are concerned about side effects you are experiencing, please get in touch with your clinician.

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.

TRUSCULPT FLEX AFTERCARE INFORMATION

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

- Avoid exercise 48 hours before and after on the areas that are being treated.
- If you experience soreness post-treatment avoid exercise for a further 72 hours.
- Exercise on separate areas is completely fine to do.
- Keep the area cool for 48 hours, avoiding heat on the skin.
- Drink lots of water 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.

POSSIBLE SIDE-EFFECTS OF TREATMENT INCLUDE:

- Swelling and/or redness for 2-3 days
- Sweating
- Mild tenderness in the treated area
- 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**