

Discharge Instructions: EvolveX

Thank you for allowing us to treat you at Self Care LA!
We're excited to take this EvolveX journey with you.

Post-treatment care:

- There is no downtime! You can return to your normal daily routine immediately after the procedure
- The treated area will be red and slightly swollen for a few hours after treatment but will resolve soon
- The skin may feel warm, but you do NOT need to cool it down
- The skin may get dry and you can apply moisturizer
- Apply sunscreen to treated areas with outdoor exposure.

Expectation of Results:

- The treatment course is currently scheduled as once a week for 6 weeks
- Changes may be apparent as early as 4 weeks after treatment
- There is an expected 30-35% reduction in fat after 6 weeks of treatment.

How to maximize results:

- Maintaining a healthy diet and exercise; weight gain will reduce the efficacy of Evolve X
- The remaining fat cells in your body can still expand with weight gain
- Evolve X is the perfect time to evaluate your diet and exercise to optimize results
- The fat elimination process is due to inflammation; taking anti-inflammatories such as Motrin, Naproxen, Celebrex will hinder this process

We are taking this journey with you and will follow-up with you weekly over the treatment course. Additionally, we are always available at Self Care LA to assess your progress and address any questions or concerns you may have.

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