

**Pre-Treatment CoolTone:**

- Drink plenty of fluids and come hydrated
- Wear comfortable, thin clothes. Think workout attire
- Remove any metal and electronic devices ie: apple watches, clothes with metal buttons, zippers, keys, credit cards
  - \*If treating abdominals, remove any metal belly button piercings
- Avoid heavy meals or food at least 30 minutes prior to treatment
- Make sure your bladder is empty! Once we start treatment, we cannot pause it

**Post-Treatment CoolTone:**

- Drink plenty of fluids throughout the rest of the day
- Plan to eat meals/snacks high in protein
- Schedule your next treatment within 7 days to achieve optimal results