

CoolTone™ Pre- & Post Treatment Instructions

CoolTone™ Pre-Treatment Instructions

- It is suggested to wear thin clothing, such as a tank top or leggings, that is free from any metal (NOTE: Some yoga pants may contain metal mesh fibers. If they are labeled as antimicrobial, then they may contain silver)
- Remove all metallic accessories such as jewelry, clothes with metallic buttons/threads, and electronic devices prior to treatment.

CoolTone™ Post-Treatment Instructions

- Typically, there is minimal discomfort and recovery time after the CoolTone® procedure. Most clients are able to return to their daily routine immediately after the procedure.
- Many clients have minimal discomfort following the procedure; however, you may experience one or more of the following sensations:
 - Muscular pain
 - Temporary muscle spasm
 - Temporary joint or tendon pain
 - Local erythema or skin redness
- Subsequent treatments are typically 2-4 days apart over 2 weeks.
- Typically, visible results are observed approximately 4 weeks after the last treatment, however, you will likely feel the difference earlier than that.

Client Signature: _____ Medical Professional Signature: _____