Onda Pro *Aftercare*

Caring for yourself after body and face contouring

Onda Pro uses Coolwaves® technology to reduce stubborn fat and smooth cellulite without surgery or needles. There is little to no downtime. These simple steps help your body process the treatment and get the best possible results.

What to *expect*

When	What is normal
First few days	Mild warmth, redness, tenderness, swelling or firmness in the treated area. These are expected parts of healing.
First few weeks	Small, temporary firm spots (nodules) can occur and soften on their own.
Weeks 2 to 12	Your body naturally clears treated fat cells. Results develop over 2 to 3 months.
Your series	Most clients do a series of sessions. Your provider will plan the right spacing for you.

Caring for *yourself*

- **Drink water.** Aim for about 2 liters (around 8 glasses) a day through the end of your treatment series.
- **Eat well and move.** A balanced diet and moderate exercise help you get the most from your results.
- **Massage.** If your provider showed you how to massage the area, follow those directions.
- **Protect from sun.** Avoid direct sun on the treated area. If you can't, use SPF 50 or higher.
- **Skip hot water.** If the area is pink or slightly red, avoid hot water on it until the color settles.
- Wear loose, comfortable clothing over body areas.
- For discomfort, Tylenol may be used if it is appropriate for you.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Blisters, a burn or broken skin
- Pain, swelling or redness that is severe or getting worse
- Lumps that are very painful, growing, or not softening after a few weeks
- Changes in skin color in the treated area
- Numbness or tingling that does not go away

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.