Onda Pro *Pre-Care*

Getting ready for body and face contouring

Onda Pro uses Coolwaves® technology, and a little preparation helps it work its best.

Your *countdown*

When	What to do
7 days before	Avoid direct sun on the area.
2 to 3 days before	Drink 2 to 3 liters of water a day and keep going after your visit.
48 hours before	Stop moisturizers, creams and oils on the area.
Day of treatment	Shower. Arrive with clean skin, free of lotion, oil, deodorant or makeup on the area.

On the *day*

- Remove jewelry and piercings near the area.
- If the area has thick or dense hair, trim or shave it at home first.
- Wear loose, comfortable clothing, not acrylic fabrics.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You have a pacemaker, defibrillator or other electronic implant, or metal implants in the area
- You have had cancer in the past 5 years, a heart condition, a clotting disorder or a hernia in the area
- You take a blood thinner

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.