



75-5995 Kuakini Hwy. Suite 441, Kailua Kona, Hawaii 96740
Phone 808-339-3595 Fax 808-885-9793

Physiq Pre and Post Treatment Instructions

PRE TREATMENT

- Discontinue any retinol used in the treatment area
- Avoid the sun as to not burn for 1 week ahead of time
- Hydrate well 48hrs before your appointment
- Limit alcohol

CONTRAINDICATIONS

The below list outlines conditions (however this is not an exhaustive list) that may preclude you from a PHYSIQ treatment. Your PHYSIQ provider will consult with you closely, to ensure the PHYSIQ treatment is right for you and you are able to obtain optimal results based on your goals and medical history.

- Pacemaker / Internal Defibrillator / Auxiliary Electric Organs / Pregnant / Nursing
- Diabetes
- Cardiac Issues
- Thyroid Hyperfunction / Endocrine Syndromes / Skin Infections / Open Wounds in treatment area / Phlebitis or blood clots
- Cancer / History of Cancer
- Epilepsy
- Metal implants in the treatment area
- Hepatic or Kidney insufficiency
- High Cholesterol
- Psychiatric or Psychosomatic Illness / Hypertension / Abnormally High Blood Pressure / Avoid Head, Neck, Chest areas
- Avoid Treating any Areas with Tattooed Skin Hernias
- Copper IUD

POST TREATMENT

- Deep Massage :Immediately post treatment and 2x/day throughout your entire series, massage the treated area with the PHYSIQ post care lotion using significant pressure.
- Increase H2O Intake: Good hydration is always a healthy habit, especially after a Physiq treatment. Increasing water intake will help flush the lymphatic system, providing optimal results quicker.
- Limit Alcohol: Limit your alcohol consumption for 3-4 days post treatment and keep it to a minimum thereafter to maximize results.
- Exercise + Body Temperature: A gentle walk or light exercise are beneficial post treatment. Extreme/strenuous activities that elevate body temperature should be avoided for 2-3 days, including hot tubs, saunas and sun bathing.
- Schedule: Your next Physiq treatment can be scheduled in 1 week. The recommendation is 5 sessions with maintenance treatments as needed every 1-2 months.

Please call our office during normal business hours if you have ANY questions or concerns. I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me to have my treatment.