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**Emsculpt Neo**

*The NEO is a non-surgical, body-contouring technology that uses Radiofrequency and HIFEM+ (high-intensity focused electromagnetic technology) to eliminate fat and build muscle non-invasively. The dual effort results in a 30% reduction in fat, and 25% muscle build after just four treatments. This is equivalent to 12-16 weeks of intense workouts in the gym.*

What to expect

* The NEO is FDA-approved to treat the abdomen, glutes, thighs, calves, biceps, and triceps. This treatment can treat patients with a BMI of up to 35.
* The provider will position the applicators over the treatment area for 30 minutes.
* During the treatment you may feel intense yet tolerable muscle contractions along with a heating sensation which is comparable to a hot stone massage.
* In less than 4 minutes, the temperature in subcutaneous fat reaches levels that cause apoptosis, which means the fat cells are permanently damaged and slowly removed from the body.
* Once the procedure is completed you can immediately go back to your daily routine.
* The number of treatments required is dependent on your desired results and where you are starting in terms of muscle tone and undesirable fat. One series of Emsculpt NEO treatments will increase muscle up to 25% and reduce fat up to 30% in the treated area. Many people are pleased with the results of just one series.
	+ A series consists of 4 NEO sessions within a 4-week period, spaced 1 week apart.
* Results are felt right after the treatment, similar to an intensive workout of the target area muscles.
* Positive visible results for muscle toning are usually seen 2 to 4 weeks after the last session in the series of treatments.
* Positive visible results of fat reduction are usually seen 8 to 12 weeks after treatment and will continue to improve for weeks to months after the treatment series.
* To retain your results, we recommend a healthy diet and exercise routine or receiving maintenance treatments as needed.

Pre-Treatment

* Wear comfortable clothing on the day of treatment so that treatment areas can be easily accessed.
* Remove all jewelry and electronic devices prior to treatment.
* Notify provider if you have any metal implants, pacemakers, or defibrillators.
* Notify provider if you are pregnant, nursing, or menstruating.
* Notify provider if you had surgery including a C-section in the treatment area within the last year.

Post-Treatment

* After the treatment you can resume normal activities.
* You may experience some soreness or tenderness in the muscles over the next few days.
* Resume a healthy fitness routine, diet, and lifestyle to optimize and maintain your results.
* Schedule your next session as recommend by your provider – 4 sessions spaced 5-10 days apart.
* We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the clinic for assistance.

Possible Side Effects

* Muscular pain
* Intramuscular fat decrease
* Temporary muscle spasm
* Temporary joint or tendon pain
* Local erythema or skin redness
* Increased menstrual flow in female patients
* Panniculitis

Exclusion Criteria

* Electronic implants (such as cardiac pacemakers, defibrillators, and neurostimulators).
* Metal implants
* Drug pumps
* Malignant tumor
* Pulmonary insufficiency
* Injured or otherwise impaired muscles
* Cardiovascular diseases
* Disturbances of temperatures or pain perception
* Hemorrhagic conditions
* Septic conditions and emphysema
* Acute inflammation
* Systemic or local infection such as osteomyelitis and tuberculosis
* Contagious skin disease
* Elevated body temperature
* Pregnancy, postpartum period, nursing, and menstruation
* Basedow’s (graves’) disease

Must not be applied over**:**

* Head, neck spinal cord, heart and testes
* Pelvic or low back area when a metal containing intrauterine device (IUD) is present
* Swollen or neoplastic tissues, space occupying lesions or skin eruptions