

PRE-CARE INSTRUCTIONS

THERMIVA

OVERVIEW

It's important to follow these instructions in preparation for your ThermiVa procedure to ensure optimal results. Be sure to maintain a healthy lifestyle leading up to your treatment, and schedule your follow-up appointments beforehand as ThermiVa usually requires 3–5 sessions.

ACCESS THE ONLINE
INSTRUCTIONS HERE



PRE-CARE CHECKLIST:



PRE-TREATMENT

Schedule Supplemental Appointments

Schedule all your supplemental treatment appointments in advance.



7 DAYS PRIOR

Eat Healthy

Eat a healthy, well-balanced diet, avoid extreme diets and alcohol.



7 DAYS PRIOR

Drink Water

The week before treatment, drink plenty of water.

