

## CoolTone Post-Care Instructions

Thank you for choosing Pūr Skin Clinic for your treatment. Proper post-care is essential to ensure optimal results and a smooth recovery. Please review and follow these guidelines.

### What to Expect:

- Mild muscle soreness, similar to an intense workout, is normal and may last for a few days.
- Temporary muscle fatigue, tingling, or slight swelling in the treated area may occur.
- You may feel increased muscle firmness immediately, but full results develop over time.

### Post-Treatment Care:

- Stay hydrated to help flush out metabolic byproducts and aid muscle recovery.
- Light stretching or gentle movement can help relieve soreness.
- Avoid strenuous exercise targeting the treated area for **24-48 hours** post-treatment.
- If needed, over-the-counter pain relievers like Tylenol can be used for mild discomfort.

### Results & Follow-Up:

- Some muscle toning may be noticeable after a few sessions, with optimal results developing over **2-4 weeks** after completing the initial series.
- A series of **4-6 treatments**, spaced **2-3 days apart**, is recommended for best results.
- Maintenance sessions every **1-3 months** help sustain muscle definition and strength.
- Follow-up photos are **essential** to track progress and assess the need for additional treatments.

Thank you for trusting us with your aesthetic journey. If you have any questions or concerns, don't hesitate to contact the Pūr Skin Clinic location that you visited for your treatment.

REFINE THE TRUE YOU

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