

MedWave Protocol

Pre-MedWave Instructions:

- ◇ Begin drinking plenty of water (we recommend at least 64 oz. per day). Do this until one week after your last treatment.
- ◇ Drink little to no alcohol to obtain maximum results.
- ◇ We recommend no food 1 hour before and after treatment.
- ◇ Prior to each session, remove creams, oils, or make-up over areas to be treated.
- ◇ You may take a Milk Thistle supplement once a day. Do not begin taking it more than 1 week before your first appointment. Do not take it more than 45 days.

During MedWave Treatments:

- ◇ DO NOT MISS YOUR SCHEDULED APPOINTMENT! Missing any treatments can make the entire process unsuccessful. Please call if you will be unable to make it or will be late.
- ◇ If you are more than 5 minutes late to your appointment, we will be forced to cut back your treatment time that day, or reschedule you for a different time.
- ◇ Women are encouraged to wear bikini tops and bottoms during treatments, bra and panties are ok as well. Men should wear boxers or swimming trunks. This helps to maintain accurate measurements.
- ◇ Eat 4-5 small meals per day. This helps the liver process the fat efficiently.

Things to do to improve results:

- ◇ Following treatment, wear Spanks or tight compression clothing to help push the fatty components into your lymphatic system.
- ◇ Exercise 30 minutes per day.
- ◇ Limit caffeine intake. If you drink something that contains caffeine, follow it with the same amount of water.
- ◇ At week 5, or after 10lb weight loss, you may experience flu-like symptoms due to detox. Advised not to start antibiotics or steroids.

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