

## EndoSphere Pre and Post Care

- Drinking 2 liters of water daily to facilitate drainage of interstitial fluids is vital to your treatment. This should be done two weeks prior to your first appointment and daily throughout the course of your treatment.
- Following an appropriate balanced nutritional diet and daily moderate exercise are essential to a successful treatment. Failure to do so will result in less than desirable results from EndoSphere treatments.
- Avoid direct exposure to the sun two weeks before and after your treatment.
- It may be advisable to continue to massage the treatment area, your provider will instruct you.
- Avoid smoking before and during treatment for best results.
- Patients should contact the office with unusual symptoms like excessive pain, and the appearance of swelling after any initial swelling has resolved. Some patients may experience temporary itching, numbness, hardening in the area treated, tenderness, redness, and bruising.
- Please remove all jewelry and piercings from the area being treated prior to your appointment.