

A woman with her arms raised, wearing a white tank top, is the background of the page. The background is a gradient of dark brown to orange.

Your SculpSure Treatment

Patient Consultation Guide

SculpSure®

The SculpSure Advantage

Even with diet and exercise, stubborn fat seems impossible to lose. SculpSure's light-based body contouring technology targets and **destroys fat in problem areas such as the belly and love handles**, helping you achieve a slimmer appearance.

- **Permanent** reduction in fat cells¹
- **Customizable** treatments
- **Safe** for all skin colors
- **Natural** looking results*
- **FDA-cleared** treatment

SculpSure can help you safely eliminate fat in just 25 minutes per treatment area. **There is no downtime following treatment, allowing you to resume your daily activities right away.**



1. Decorato JW, Sierra R, Chen B. *Clinical and Histological Evaluations of a 1060nm Laser Device for Non-Invasive Fat Reduction*, Westford, MA, 2014.

* SculpSure's heat-based technology naturally spreads beyond the edges of the treatment area, facilitating natural-looking results.

How SculpSure Works



About SculpSure

How It Works

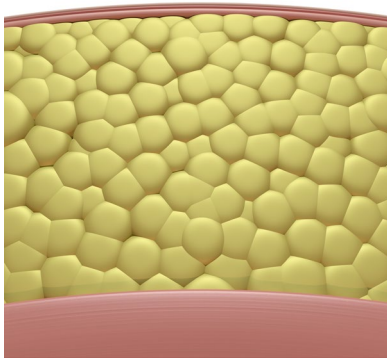
Treat to Complete

Your Body Type

The Treatment Experience

How SculpSure Works

1



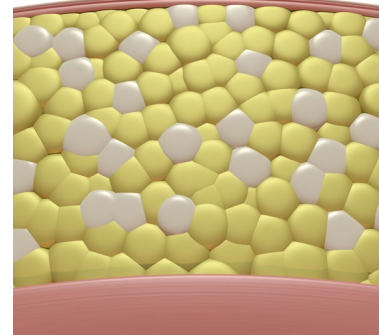
The laser targets and heats fat cells under the skin without affecting the skin's surface.

2



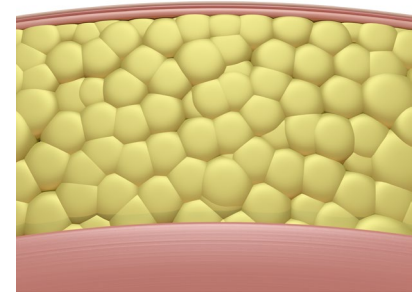
SculpSure raises the temperature of fat cells, damaging their structural integrity. Contact Cooling™ stays on throughout the treatment, keeping the skin safe and comfortable.

3



The damaged fat cells are removed naturally from your body through your lymphatic system.

4



Once the fat cells are removed from your body, they cannot regrow.



Treat to Complete (“T2C”)

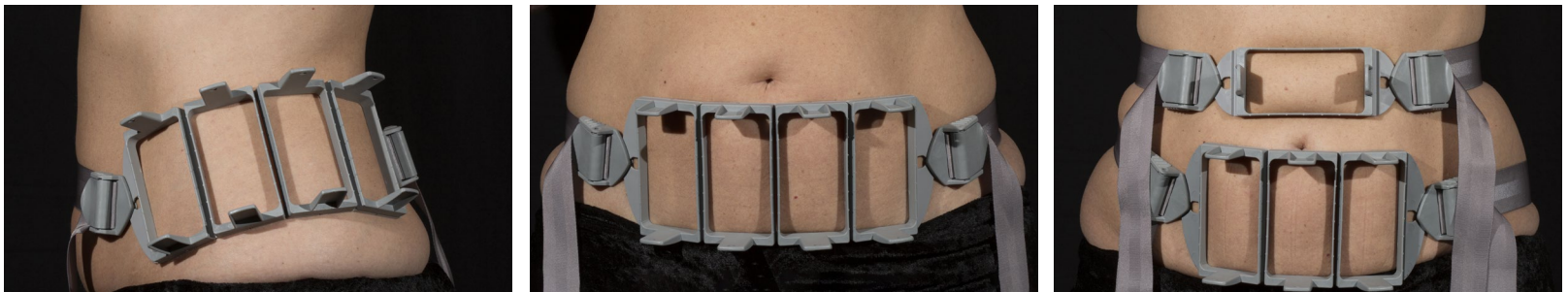
Treat to Complete (“T2C”)

Your Customized SculpSure Treatment Plan

We will discuss a customized treatment plan that includes a series of SculpSure treatments designed to achieve your desired goals. During your consultation, we will discuss:

- Which areas to treat to give you the best overall change.
- How many treatments you can expect to reach your desired results.

We track your treatment progress by taking photographs throughout your SculpSure experience. Photos should be taken every 4-6 weeks throughout your treatment plan.



Which SculpSure Treatment Plan Is Right for You?

Body Type Categories



Which Treatment Plan Is Right for You?

Body Type Categories

Body Type A

Short

Women under 5'2"
Men under 5'6"

Body Type B

Average

Women 5'3"- 5'7"
Men 5'7"- 6'

Body Type C

Tall

Women taller than 5'7"
Men taller than 6'1"

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type A

Body Type B

Body Type C

Short

Women under 5'2"

Men under 5'6"

1. At ideal weight: slender, lean with trouble spots
2. Slightly overweight: curvy, stocky
3. Over ideal weight: heavysset, plump

Type A

Type B

Type C

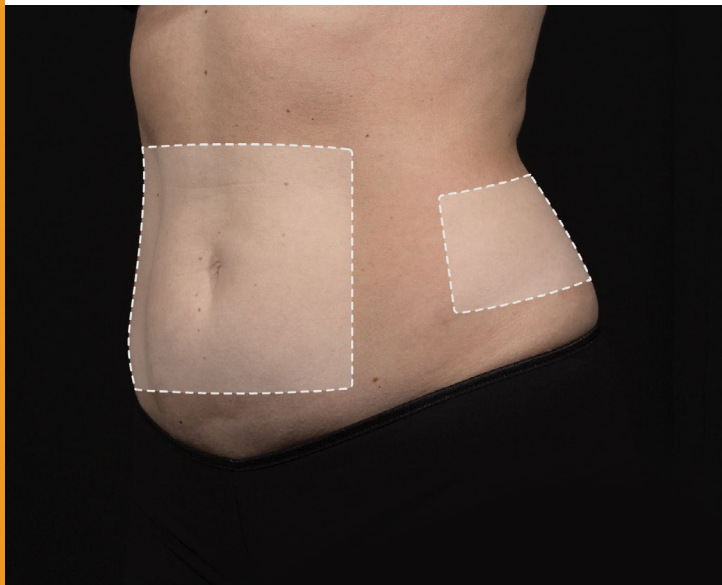
Which Treatment Plan Is Right for You?

Body Type Categories

Body Type A1

Female

Height: 5'2" | Weight: 122 lbs



Treatment Plan

Series 1

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Series 2

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type A2

Female

Height: 4'11" | Weight: 138 lbs



Treatment Plan

Series 1

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Series 2

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Type A

Type B

Type C

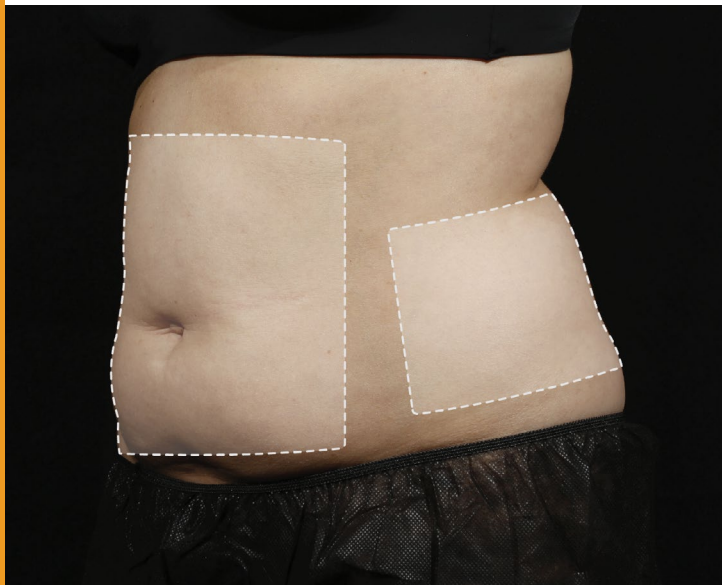
Which Treatment Plan Is Right for You?

Body Type Categories

Body Type A3

Female

Height: 5'2" | Weight: 146 lbs



Treatment Plan

Series 1

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 2

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 3

(Subject to Patient)

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type A3

Male

Height: 5'6" | Weight: 182 lbs



Treatment Plan

Series 1

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 2

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 3

(Subject to Patient)

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type A

Body Type B

Body Type C

Average

Women 5'3"- 5'7"

Men 5'7"- 6'

1. At ideal weight: slender, lean with trouble spots
2. Slightly overweight: curvy, stocky
3. Over ideal weight: heavysset, plump

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type B1

Female

Height: 5'6" | Weight: 146 lbs



Treatment Plan

Series 1

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Series 2

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type B1

Male

Height: 5'11" | Weight: 181 lbs



Treatment Plan

Series 1

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Series 2

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type B2

Female

Height: 5'5" | Weight: 145 lbs



Treatment Plan

Series 1

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Series 2

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type B2

Male

Height: 5'10" | Weight: 193 lbs



Treatment Plan

Series 1

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Series 2

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Type A

Type B

Type C

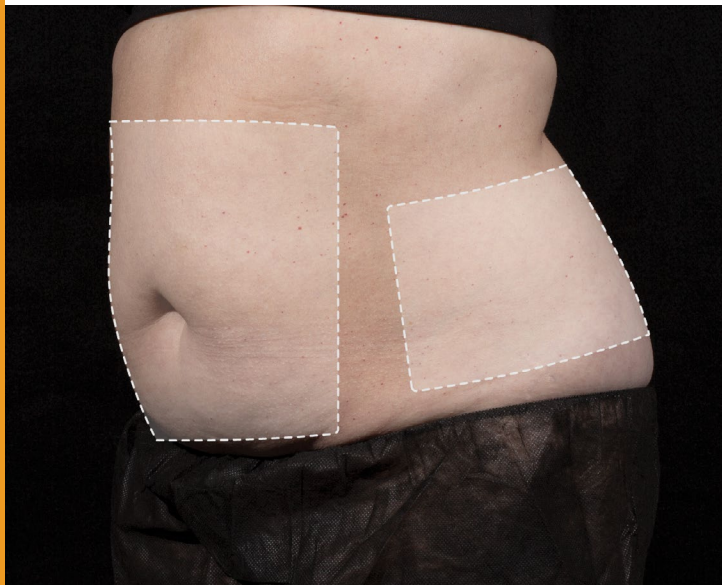
Which Treatment Plan Is Right for You?

Body Type Categories

Body Type B3

Female

Height: 5'3" | Weight: 151 lbs



Treatment Plan

Series 1

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 2

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 3

(Subject to Patient)

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Type A

Type B

Type C

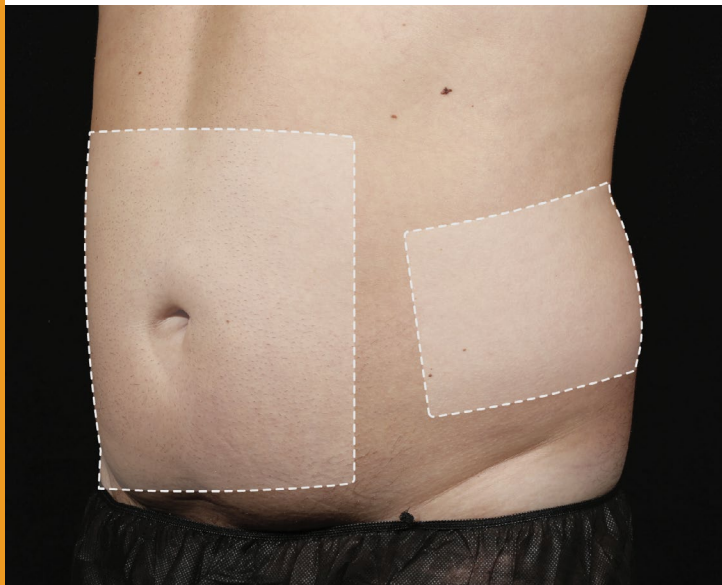
Which Treatment Plan Is Right for You?

Body Type Categories

Body Type B3

Male

Height: 5'9" | Weight: 210 lbs



Treatment Plan

Series 1

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 2

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 3

(Subject to Patient)

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type A

Body Type B

Body Type C

Tall

Women taller than 5'7"

Men taller than 6'1"

1. At ideal weight: slender, lean with trouble spots
2. Slightly overweight: curvy, stocky
3. Over ideal weight: heavysset, plump

Type A

Type B

Type C

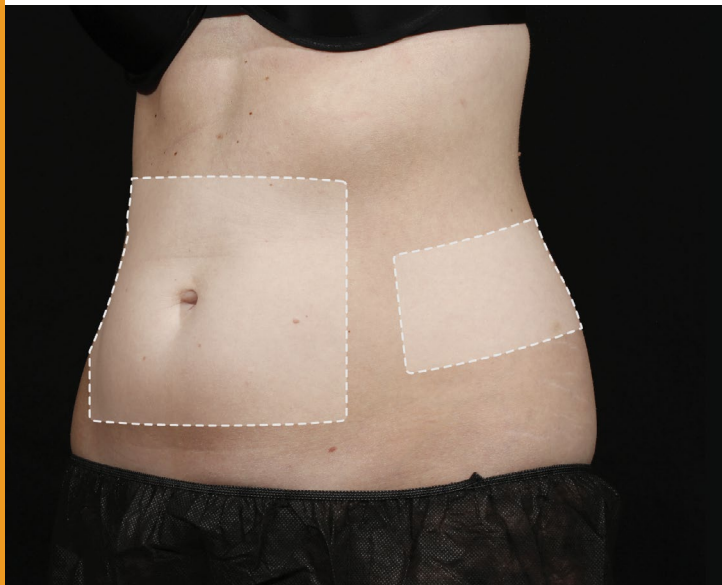
Which Treatment Plan Is Right for You?

Body Type Categories

Body Type C1

Female

Height: 5'9" | Weight: 147 lbs



Treatment Plan

Series 1

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Series 2

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Type A

Type B

Type C

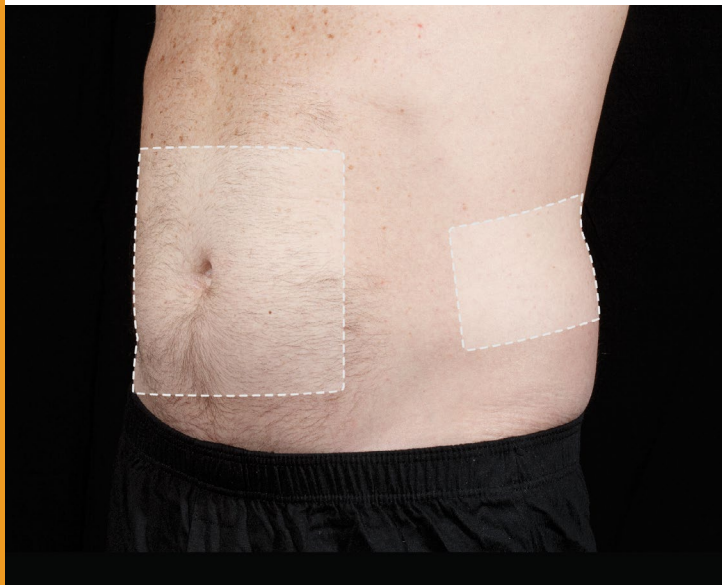
Which Treatment Plan Is Right for You?

Body Type Categories

Body Type C1

Male

Height: 6'2" | Weight: 197 lbs



Treatment Plan

Series 1

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Series 2

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Type A

Type B

Type C

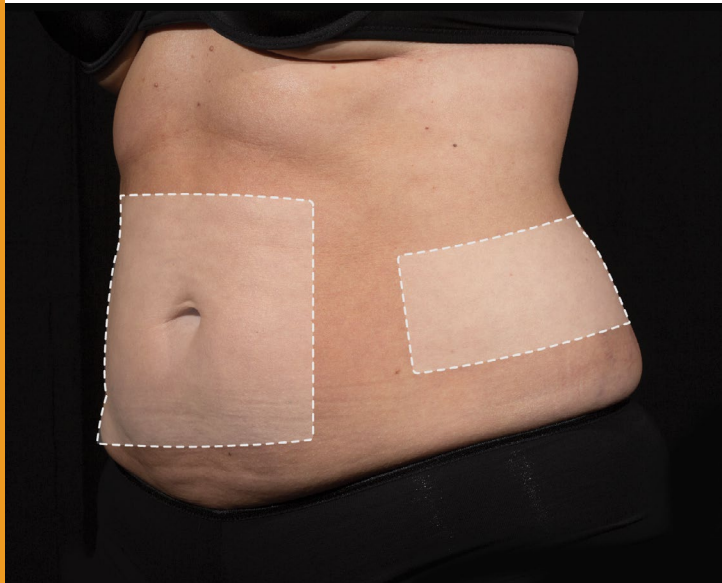
Which Treatment Plan Is Right for You?

Body Type Categories

Body Type C2

Female

Height: 5'9" | Weight: 192 lbs



Treatment Plan

Series 1

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Series 2

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type C2

Male

Height: 6'2" | Weight: 225 lbs



Treatment Plan

Series 1

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Series 2

4 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left Flank
- Right Flank

100 minutes

Type A

Type B

Type C

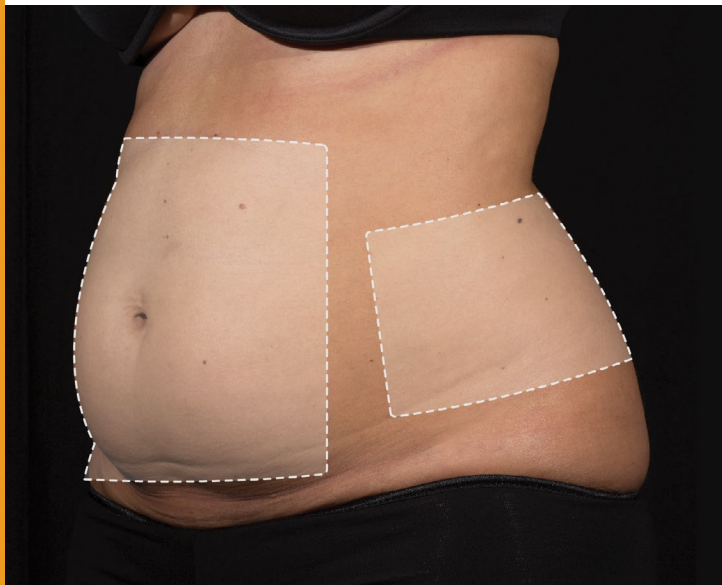
Which Treatment Plan Is Right for You?

Body Type Categories

Body Type C3

Female

Height: 5'8" | Weight: 160 lbs



Treatment Plan

Series 1

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 2

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 3

(Subject to Patient)

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Type A

Type B

Type C

Which Treatment Plan Is Right for You?

Body Type Categories

Body Type C3

Male

Height: 6'2" | Weight: 228 lbs



Treatment Plan

Series 1

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 2

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Series 3

(Subject to Patient)

6 TREATMENT AREAS

- Lower Abdomen
- Middle Abdomen
- Upper Abdomen
- Lower Left Flank
- Lower Right Flank
- Upper Left & Right Flanks

150 minutes

Type A

Type B

Type C

Preparing for Your SculpSure Treatment



Preparing for Your SculpSure Treatment

Before your appointment, please remember:

- ☒ Your skin should be free of creams or lotions
- ☒ If you have thick hair in the treatment area, shave or trim before the treatment
- ☒ Wear plain black underwear and/or bra. This provides a consistent look in your before-and-after photos
- ☒ Have a light meal and drink 2-3 glasses of water

Your SculpSure Treatment Experience



At the beginning of the treatment

You will feel a cooling sensation. Contact Cooling™ stays on throughout the treatment, which helps keep the skin safe and comfortable.



2 minutes into treatment

You will start to feel peaks of warmth followed by cooling.



4 minutes into treatment

You will feel deep warmth and tingling. Some clients feel a sensation of pressure or squeezing—this is okay! The warmth builds to peaks of deep heating.


This lets you know that you are in the fat destruction zone!

Pre-Treatment

Treatment

Post-Treatment

Zone Score (And What You'll Feel)

Zone Score	ZONE
1	Pleasant cool/feeling
2	Gentle warming and cooling
3	Tingly, short intervals of warmth and cooling
FAT DESTRUCTION ZONE 4	Prickling, pinching, pressure, longer peaks of moderate deep heat and cooling
	Beyond <i>Fat Destruction Zone</i>

Pre-Treatment

Treatment

Post-Treatment

After Your SculpSure Treatment

Since there is no downtime, you can get back to your normal routine right away.

For the best results, we suggest the following:

- Gently massage the area twice a day for 5-10 minutes, until any tissue tenderness resolves.
- Be sure to drink water — ideally 8 or more glasses each day.
- Any exercise, even light cardio or low-impact workouts, helps the damaged fat cells move through the lymphatic system.

Remember:

Maintaining your weight and healthy eating will allow you to fully appreciate the benefits of your treatment.

- You may experience mild redness, tenderness, swelling or tissue firmness in the treatment area. Tenderness may last two weeks or longer.
- Contact the office if you have any concerns about your treatment areas, such as increasing tenderness or swelling several days after your treatment.