



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

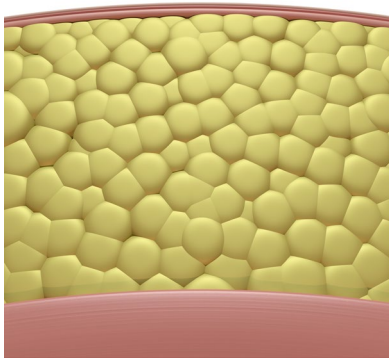
[Treat to Complete](#)

[Your Body Type](#)

[The Treatment Experience](#)

How SculpSure Works

1



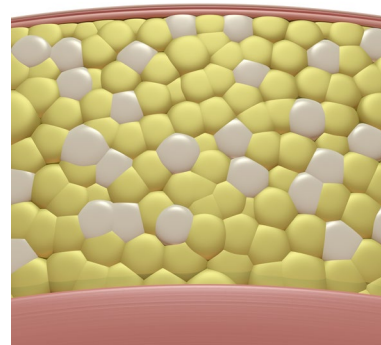
The laser targets and heats fat cells under the skin without affecting the skin's surface.

2



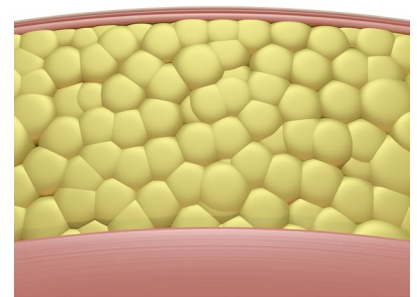
SculpSure raises the temperature of fat cells, damaging their structural integrity. Contact Cooling™ stays on throughout the treatment, keeping the skin safe and comfortable.

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.

A woman with her right arm raised, wearing a white tank top, is shown from the chest up against a dark background. The lighting highlights her skin and the contours of her body. The background transitions from black at the top to a dark brown at the bottom.

Treat to Complete (“T2C”)

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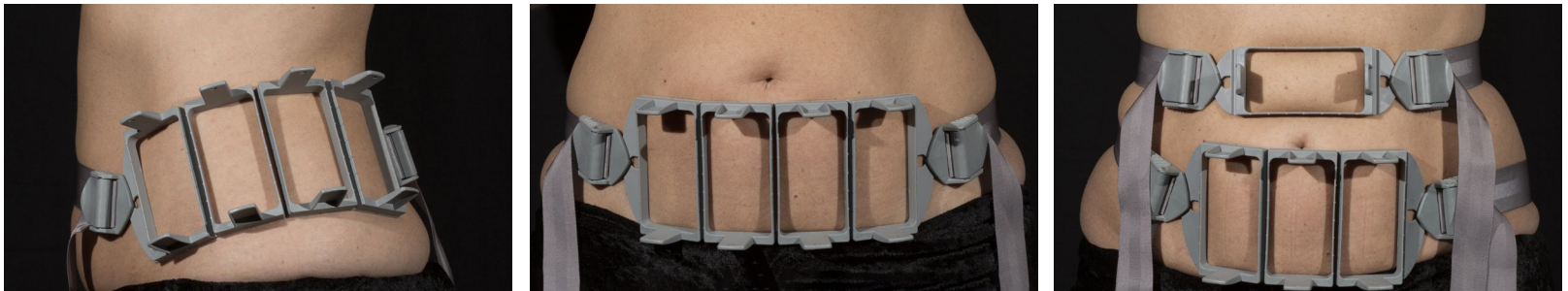
Treat to Complete (“T2C”)

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

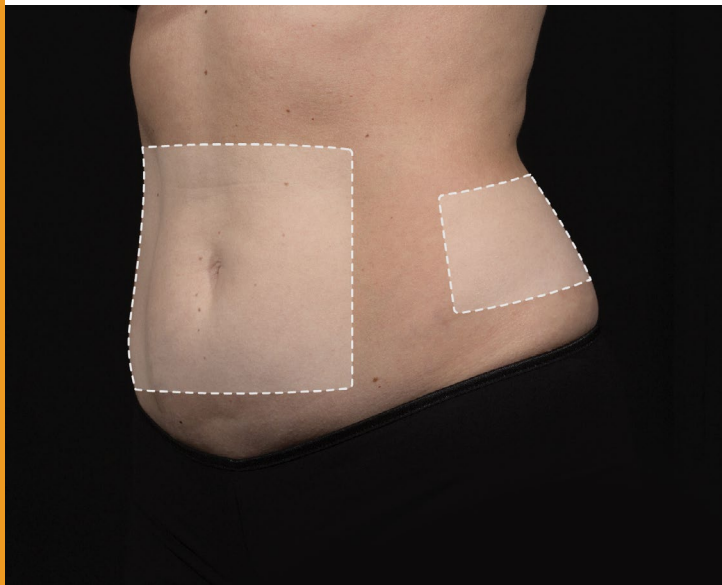
Which Treatment Plan Is Right for You?

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

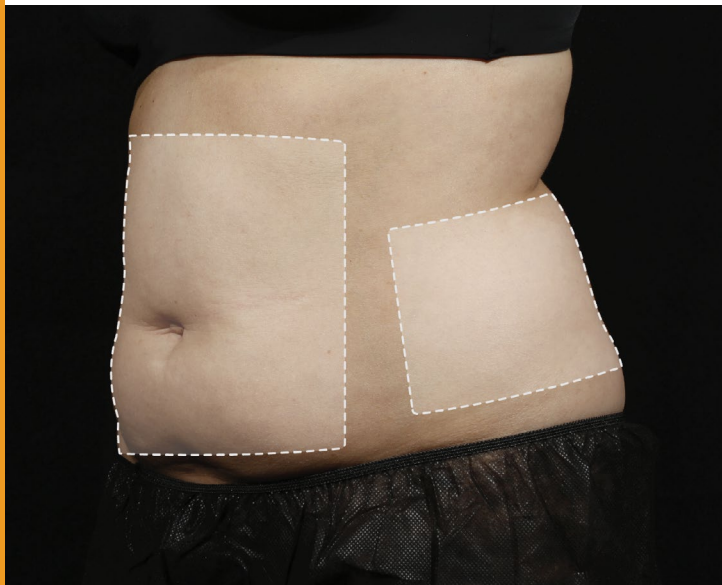
Which Treatment Plan Is Right for You?

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

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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

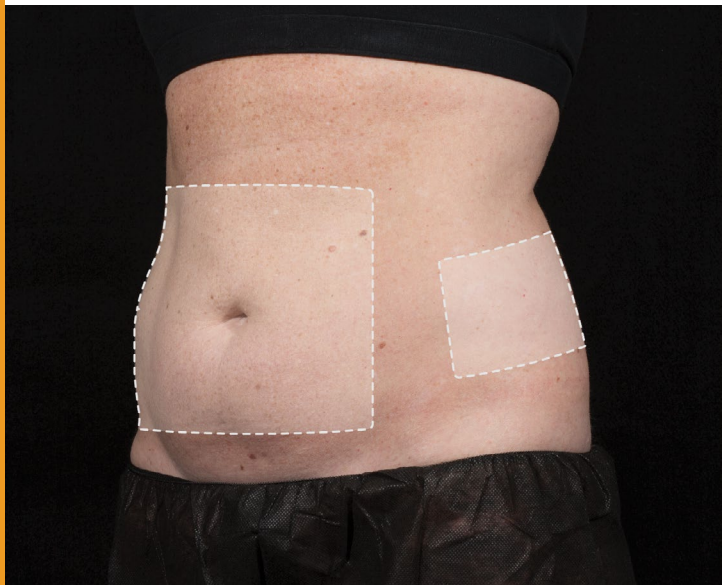
Which Treatment Plan Is Right for You?

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

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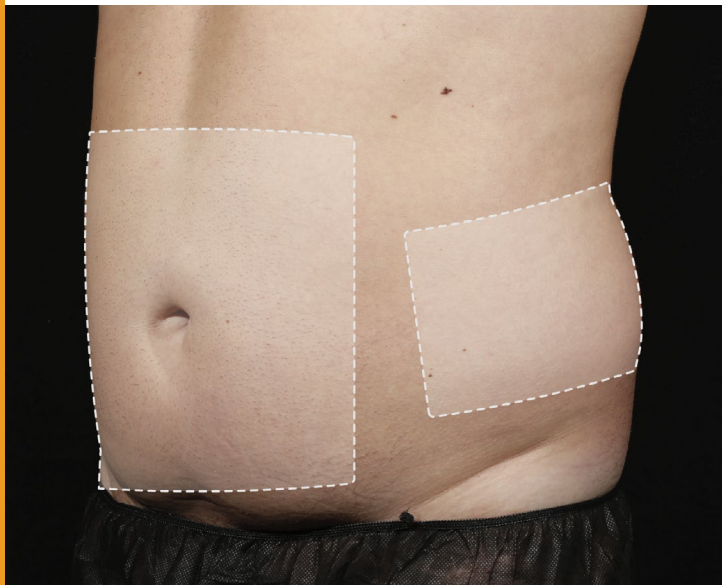
Which Treatment Plan Is Right for You?

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

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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

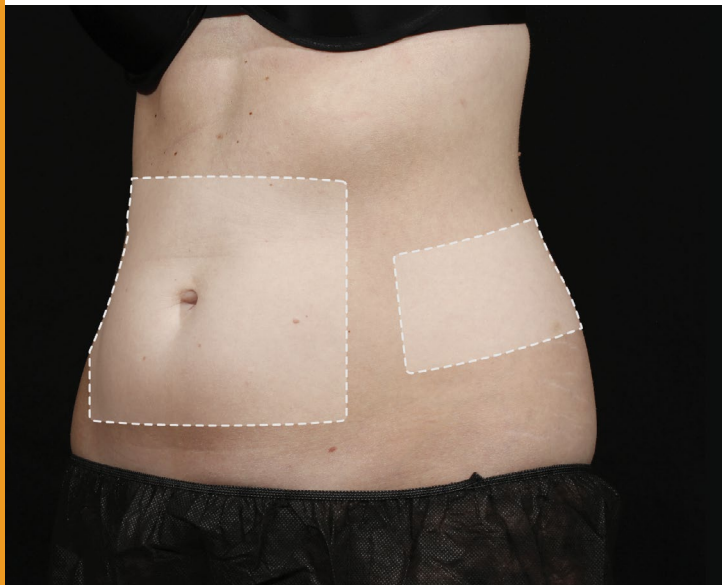
Which Treatment Plan Is Right for You?

Body Type Categories

Body Type C1

Female

Height: 5'9" | Weight: 147 lbs



Treatment Plan

Series 1

Series 2

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

3 TREATMENT AREAS

- Lower Abdomen
- Upper Abdomen
- Left & Right Flanks

75 minutes

Type A

Type B

Type C

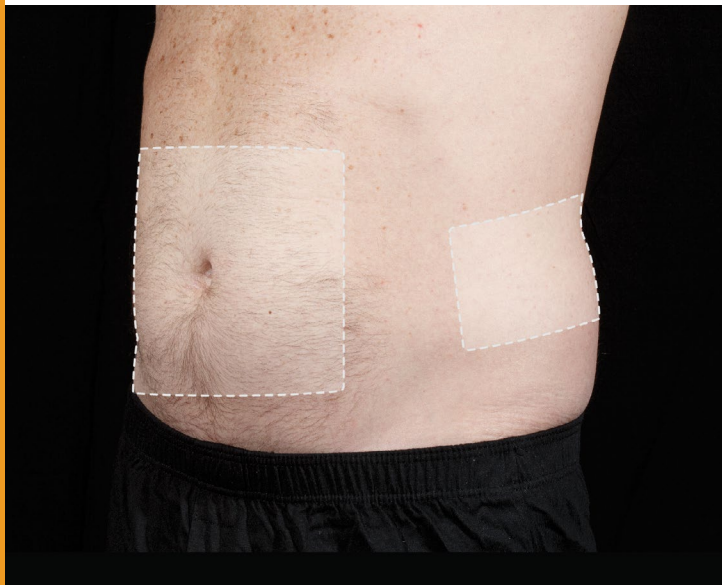
Which Treatment Plan Is Right for You?

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

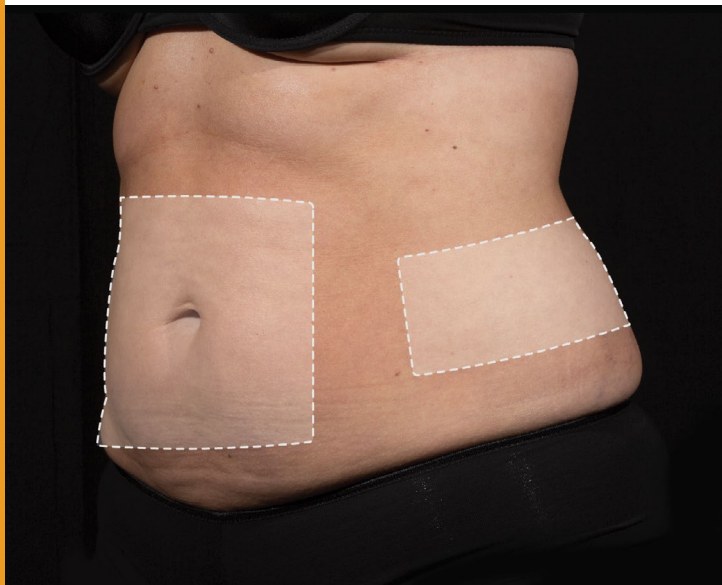
Which Treatment Plan Is Right for You?

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

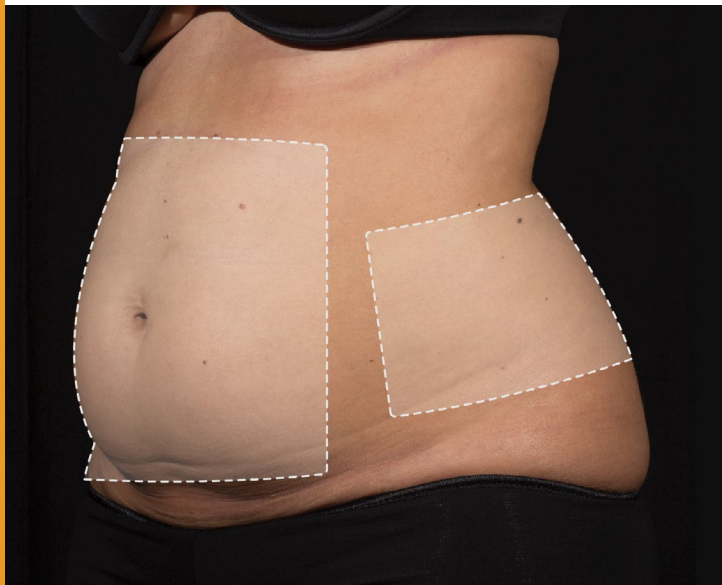
Which Treatment Plan Is Right for You?

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

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A woman with her right arm raised, wearing a white tank top, is shown from the chest up against a dark background. The lighting highlights her skin and the contours of her body.

Preparing for Your SculpSure Treatment

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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!

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

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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.

Pre-Treatment

Treatment

Post-Treatment