

## **Patient Instructions for Venus Bliss MAX™ FlexMAX**

The Venus Bliss MAX™ FlexMAX is a comprehensive, safe and effective platform system integrating EMS technology to address issues with muscle condition to stimulate healthy muscles. The system integrates EMS, which delivers electro muscle stimulation to targeted muscle groups for muscle conditioning.

It is recommended to complete at least 6 treatments done twice per week, with 48-72 hours between treatments. Then follow up in 1-3 months to determine treatment results and maintenance plan.

### Post-Treatment Guidelines:

1. To enhance the results of the treatments, it's recommended to maintain a healthy and active lifestyle. Gaining weight during the treatments could compromise the end results.
2. Regular daily activities can be resumed post-treatment.
3. Moisturizer may be applied immediately after each treatment.
4. Mild muscle soreness or tenderness to the treatment area may take up to 48 hours to resolve.
5. Tingling in the treatment area can last up to a few hours after treatment.
6. Please refrain from "working out" the muscle groups you had treated for about 48-72 hours. This treatment should be treated like a gym work-out on the treated muscles.
7. Increased heart rate may occur.
8. Frequent urination or bowel stimulation may be present.
9. Mild non-control of muscle contraction and muscle spasm, lack-of/reduced or increased muscle sensitivity can occur.
10. You may experience skin irritation and burns beneath the electrodes, which have been reported with the use of powered muscle stimulators. Redness and swelling can also be present.
11. You should notify us if you experience pain that is severe or excessive, as this is unusual.

**Please call us at 716-712-1050 with any questions or concerns.**