

## **Patient Instructions for Venus Bliss MAX™ Laser Treatment**

The Venus Bliss MAX™ Laser is a comprehensive, safe and effective platform system integrating laser technology to address issues with unwanted fat. The system integrates a 1064nm diode, which delivers laser energy to subcutaneous tissue layers for fat specific lipolysis. Automated “build” and “sustain” heating cycles are used to ensure comfortable temperature elevation and sustaining throughout the treatment exposure.

It is recommended to complete 3 treatments with 4-6 weeks between treatments then follow up in 6 months to determine treatment results.

### **Post-Treatment Guidelines:**

1. A vigorous massage to the treatment area for 5-10 minutes, 1-2 times per day, is recommended for 7 days.
2. There are no physical restrictions and regular daily activities can be resumed post-treatment.
3. Any tenderness to the treatment area may take up to two weeks to resolve.
4. If tenderness is present, you apply ice packs or cooling compresses as needed.
5. Moisturizer may be applied immediately after each treatment.
6. Avoid sun exposure to the treatment for about 1 week post-treatment. Always use an SPF 30 or greater even on a cloudy day.
7. You may experience some of the following side effects listed:
  - Swelling
  - Redness
  - Bruising
  - Nodules or areas of Firmness/Skin Harness
  - Blistering/Skin Burn
8. Notify us if you experience pain that is severe or excessive, as this is unusual. Bruising is not common, let us know if this occurs.
9. 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.

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