



**Kavali**  
Plastic Surgery

### **VELA SHAPE PRE-PROCEDURE INSTRUCTIONS**

VelaShape is a nonsurgical office procedure, but there are some steps you can take to maximize your results and minimize the potential for problems.

First, you should not tan or use any tanning products during your treatment period (5 weeks) and for about 3 weeks prior to beginning treatments. Tanned skin will absorb more heat and you run a greater risk of burns occurring if you have had recent sun exposure or any artificial tan.

Second, you should drink plenty of water, about 64 ounces, daily. Good hydration will help your body rid itself of toxins, and it keeps your skin looking smoother and healthier, which will just enhance your VelaShape results.

That's it! We're looking forward to seeing you soon.

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Carmen M Kavali, MD PC

5505 Peachtree Dunwoody Road Suite 410 Atlanta, GA 30342 Phone 404-250-3333 Fax 404-250-0175