



## **Zerona: Pre- and Post-Treatment Instructions**

### **Pre-Treatment Instructions:**

- Prior to starting the Zerona treatment, it is important that you are committed to the recommended lifestyle protocol, which includes a minimum of 6 treatments every other day for 40 minutes with no more than 72 hours between treatments. Longer time gaps may render the results less effective.
- During treatment, you can expect 40 minutes to relax, read or do absolutely nothing. The Zerona treatment is a completely comfortable experience.
- For optimal results, you must be properly hydrated throughout the Zerona treatment series. We recommend that you *drink a minimum of 8-10, 8-oz glasses (2-3 liters) of water each day.***
- This treatment should be used in conjunction with a healthy diet and mild exercise. As with any fat loss program, you should consult a health care professional before beginning an exercise regimen.

### **Post-Treatment Instructions:**

- After completion of the series, you can resume your normal activities immediately with absolutely no downtime or discomfort.
- During the 2-week treatment period, you can continue with your normal activities. **It is important that you commit to and follow the treatment protocol:** drink 8-10, 8 oz glasses of water per day; eat a healthy, low fat diet; engage in mild exercise (walk at least 30 minutes per day), and abstain from alcohol, tobacco and caffeine, as they can interfere with fat metabolism.
- For best results, a series of 6 treatments performed at 2-day intervals is recommended. Results improve progressively with each additional series of Zerona treatments. You can begin an additional series of Zerona treatments immediately following your initial series,
- The use of compression garments (Spanks®) can be worn and may help assist in lymphatic drainage.

Please call your provider at **(503) 443-2250** with any questions or concerns you may have.

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