

**Midnight Sun Family Medicine, P.C.**  
**S. Gayle Hornberger, D.O.**  
**475 Riverstone Way, # 5**  
**Fairbanks, Alaska 99709**  
**Fax: 907-455-7125 Phone: 907-455-7123**

## **TruSculpt Frequently Asked Questions for Patients**

### **What is truSculpt? Can you tell me more about it?**

TruSculpt is a breakthrough RF (Radio Frequency) technology that delivers deep tissue heating and a temporary reduction in cellulite. Your doctor will determine if you are a good candidate and work with you to recommend the best treatment plan during a one-on-one consultation.

### **Can I treat myself with truSculpt?**

The truSculpt system should only be operated by qualified practitioners who have received appropriate training and read the operator manual.

### **Am I the right candidate for truSculpt?**

Your doctor will determine if treatment is right for you during a one-on-one consultation. Typically patients have a BMI less than 30 and have slight bulges in certain areas of the body. TruSculpt is not currently designed for use on the neck or face. TruSculpt is also not to be used as a weight loss product.

### **Who cannot be treated with truSculpt?**

Patients who cannot be treated with truSculpt include (but are not exclusively):

- Those who are pregnant
- Those with cardiac pacemakers or internal defibrillators
- Those with malignant or benign tumors in the target area
- Those with metallic implants in the target area of any kind including joint replacements

### **Can truSculpt be used on all skin types?**

Yes, truSculpt can be used on all skin types I-VI on the Fitzpatrick scale. Please always consult with your doctor beforehand.

### **How long does a treatment last?**

Typically a treatment lasts 1 hour or less. Your doctor will consult with you on which areas will be treated. Your doctor or a staff member will be with you administering the treatment the entire time.

### **How many treatments will there be?**

Your doctor will consult with you on the number of treatments to deliver based on the area(s) you wish to be treated and desired results you are looking for. Typically a patient will receive 1-2 treatments and each treatment will be about 2 months apart.

### **When can I start seeing visible results?**

TruSculpt delivers RF energy and uses the body's natural system to break down cells in certain areas. This process takes anywhere from 2 weeks to 3 months and a patient may begin to see results anytime during that period and beyond.

**How long will results last?**

Long term studies have not yet been conducted on truSculpt to determine exactly how long results can last; however, we expect results to last for several months based on similar procedures that are available in the market now.

**What do I need to do before a treatment?**

You do not need to do any activities or prepare in any way for a treatment. Once you are at your doctor's office, your doctor will do some brief pre-treatment activities such as cleaning your skin, removing any makeup or lotions, taking photos/measurements, and removing any jewelry or body piercings in the treatment area.

**What happens during the treatment?**

Your doctor or operator will identify with you the specific areas of the body to be treated. After a brief pre-treatment preparation, your doctor will be applying the truSculpt hand piece to your skin which in turn will deliver a pulse of RF energy. Each pulse will last on average of 4 minutes; upon completion, your doctor will move the hand piece to an adjacent area to begin a new pulse. The entire treatment will last for 1 hour or less.

**What does it feel like?**

TruSculpt is specifically designed to be a very comfortable procedure for you. As the truSculpt hand piece delivers energy you will feel that specific area heat up. Due to its unique design, the heating of the area will be quite tolerable and your doctor can adjust the temperature depending on your comfort level. Typically no pain medication, topical anesthetics, gels, or active cooling will be used or administered to you.

**Can I return to normal activities after my treatment?**

Yes you can. The procedure is a completely non-invasive technique, so typically you can return to normal activities immediately. Often times, patients return to work after the session is over.

**Do I need to take special supplements or follow a strict diet and exercise program?**

No supplements or pills are required and you do not have to adopt a new diet and exercise habits. However, many patients feel more motivated to take care of themselves after the truSculpt treatment and often use traditional diet and exercise as a complement to the truSculpt.

**Is truSculpt safe? Is it painful? Are there side effects?**

TruSculpt is uniquely designed to provide a very safe and comfortable procedure. Typically, there is no downtime after the treatment though patients may experience minor temporary pain or discomfort. Side effects can include redness, sweating, and mild tenderness in the areas that are treated. Usually this dissipates within a few hours. Your doctor can talk to you more about what to expect during and after treatment when you meet for your consultation.

**How much does truSculpt cost? How many treatments will I need?**

The price for truSculpt varies, depending on your areas of concern, the number of treatments needed and your ultimate goals. Your doctor would need to consult with you in person to help estimate the cost.