

# TESLAFormer™

## Pre-Treatment Checklist

- Please remove any metal objects, belts watch, mobile phone wallet, body suit press studs, piercings, keys ...
- Have you recently been to the toilet?
- Make sure that you have not eaten within 2 hours (similar to exercise).
- On the day of the treatment, you are advised to wear comfortable clothing which allows flexibility for correct positioning during the treatment.
- You are not pregnant?
- Do you have an IUD?
- Cannot treat if contains any metal, if all plastic no problem but may become dislodged
- You do not have a Cardiac Pacemaker or any electronic in-plants, drug pumps etc.
- You do not have any metal implants
- You do not have a heart disorder

### If All OK you can select program or advanced program and begin by saying:

- With your clothes on, the TESLAFormer™ paddle fits closely pressed on the targeted muscle area, such as your abdomen, thighs, or buttocks. The TESLAFormer™ produces electromagnetic waves that cause muscle contractions.
- TESLAFormer™ treatment sessions typically take 30 minutes. There is no downtime and you can resume normal activities following the treatment. Your practitioner will help you create a treatment plan catered to your desired goals.
- Applicators are strapped on the muscle(s) that you want to stimulate. It is important that you don't have any metal in the treatment area such as metal studs in jeans. Active wear or gym wear are most suitable options to wear on day of treatment.
- Treatment is always started on lowest intensity and gradually increased to the level of tolerance – pain threshold. Intensity is adjusted on each client individually. Every treatment starts with lowest intensity level and increased slowly. When you reach level of tolerance intensity will plateau and then increase again in a couple of minutes for muscles to adapt.
- Please confirm not in contact with Ribs or Hip bones or incorrect placement. The deep contractions you will experience will feel very strange, please provide feedback on sensation throughout the treatment.
- Clients BMI should not be higher than 25. Clients that are in better shape will have better and quicker results.
- Clients with high BMI will have muscles developed behind the layer of fat tissue so there will be result but hidden to the eye of observer.
- After 5 minutes you will start to relax as your muscles become exhausted
- Once they are exhausted and have used up the muscle storage of fuel and naturally burn subcutaneous fat. Hence Building muscle & burning fat

## **Post Treatment Reminders to Patients:**

- It is recommended to drink plenty of water after treatment.
- We recommend minimum 8 treatments, but it depends on stage that you are beginning and where you want to end.
- A typical treatment plan would consist of 4-10+ treatments 2-3 times per week with at least 1 rest day in between.

## **On completion of session:**

- Very carefully remove Velcro and applicators and position pack on pole
- Inform patient they will feel a little tender of a few days
- All normal activities can be continued

## **Contraindication checklist:**

- Pregnancy, Endometriosis, Cancer, Epilepsy
- Complete muscle tear at or near the site of stimulation
- Cardiac pacemakers + Severe active pulmonary conditions + Cardiac arrhythmia
- Medication pumps
- Implants made of ferromagnetic metal at or near the site of stimulation
- Open wounds at or near the site of stimulation + Recent surgery
- Hearing aid