

Post-Treatment Instructions

☐ Possible Side Effects After SoftWave Therapy:

- Tiny red spots (petechiae) or skin lesions, especially if you've had cortisone therapy.
- Temporary worsening of pain, additional bruising, or swelling.
- Generally subsides within a few days.

☐ SoftWave vs. Other Shockwave Devices:

- SoftWave is gentle and does not cause internal organ damage.
- Used by urologists and pelvic floor therapists for erectile dysfunction, Peyronie's Disease, nocturia, and pelvic pain.

☐ Post-Treatment Care Recommendations:

- Avoid anti-inflammatory medications (e.g., aspirin, Advil, Motrin) and supplements (e.g., turmeric, cumin, Q10).
- Do not apply ice; mild heat can be used if there's no swelling.
- Over-the-counter non-anti-inflammatory pain medications, like Tylenol, may be used if needed.
- Reduce vigorous activity for 48 hours after treatment.

☐ Hydration Importance:

- Proper hydration is critical to promote healing.

Friendly reminder:

- Occasionally, your therapist may need to cancel appointments due to unforeseen circumstances, such as illness or car trouble. Please check your text messages or voicemail before heading to the clinic.
- Do not attend Softwave treatment if you do not feel well, weak, dehydrated, or have not eaten; please cancel your appointment and rest.

We encourage OPEN COMMUNICATION and collaboration throughout your treatment journey. If you have any concerns or questions about your treatment plan or the expected outcomes of SoftWave therapy, please text Kun-Yen Kuo, owner of Fig Wellness Therapy, at 602-741-2640. You will receive a response within 24 hours to discuss your concerns. Your comfort, understanding, and satisfaction are our top priorities, and we are here to support you every step of the way.