

Pre-and-Post Care Instructions

BEFORE YOUR TREATMENT

- Do not wear any lotions, or creams on the treatment area on the day of treatment
- Drink lots of water - at least one liter (3 x 12 oz) of water the day before and ideally day of treatment
- Avoid eating 2 hours before treatment
- Avoid alcohol consumption (48-hours before)
- Avoid high salt intake (48-hours before)

AFTER YOUR TREATMENT

Fat Loss Treatment

One of the keys to seeing results is having your body naturally eliminate the treated fat. There are things you can do which will help ensure and accelerate the process and things you need to avoid so that you are not hindering the process.

- Day of / Day After
 - Avoid eating for 2 hours after treatment
 - Exercise for 20 minutes to stimulate lymph movement
 - Avoid intense heat (e.g. sauna, hot shower)
- For 3-4 Days After:
 - Drink at least one liter (3 x 12 oz) of water per day
 - Massage treated area e.g. when applying moisturizer
 - Avoid alcohol – your liver will prioritize the alcohol vs fat
 - Avoid high salt & high carbs – helps ensure your body utilizes the triglycerides released by the treatment

Skin Tightening or Cellulite

- Day of / Day After
 - Do not vigorously rub the treated area after treatment – be gentle when cleansing the treated area
- For 1week After
 - Avoid using Retin-A (tretinoin) or other strong exfoliating agents such as a Clarisonic Brush
- For 3-4 Weeks After:
 - Do not undergo laser treatments, chemical peels, waxing, the use of depilatories, or microdermabrasion for 3-4 weeks after treatment.

RESULTS

- Some results can be seen immediately but expect more to emerge over following weeks and months

POSSIBLE SIDE EFFECTS

- Redness, swelling and bruising are not common but possible