



Before & Aftercare Fact Sheet & Protocols

Along with preparing for your treatment, it is just important to know what is required after your treatment. In order to maintain our high standards of safety and to maximize your results, there are a few important things to know before & after your treatment sessions:

> **Water:** Drink plenty of water (at least 2 liters) before and after the treatment (sodas, juice, coffee, or tea is not water). Drinking water is a necessary part of the treatment to facilitate the elimination of broken-down fat. This treatment is non-invasive meaning no needles or cutting is involved to remove the fat from the body. The fat is processed naturally via the liver and lymphatic system. In order for the fat to leave the body correctly, it is important to keep your body hydrated. Our bodies are made up of around 60% water so with or without treatments, drinking enough water is vital to your overall health.

> **Alcohol:** Please avoid any alcohol 24 hours pre-treatment and 48 hours after treatment. Alcohol can prevent your liver from working to remove fats as it will make alcohol metabolism its priority before fat removal and could hinder your results.

> **Exercise:** Do some light exercise to elevate your heart rate such as a brisk walk for at least 20 minutes after the treatment to stimulate lymph movement.

> **Food:** Please avoid a heavy meal two hours before and one hour after treatment. Please avoid caffeine and fatty foods on the day of treatment and after.

> **Other Treatments & Excessive Sun Exposure:** Please avoid having any laser hair removal, laser treatment, other non-surgical body contouring treatments and excessive sun exposure on the same area you wish to have treatment 2 weeks before treatment. Please avoid waxing the treated areas for 3-5 days.

> **Heat:** Do not have a hot shower (warm is alright), spa or sauna within 24 hours after treatment

> **Skin Irritation:** If the skin is red, irritated or broken, we cannot treat until the skin has completely healed

> **Medication:** Please advise us of any blood thinning or photosensitive medication.

> **Diet & Lifestyle:** Our body contouring treatments must be had in conjunction with a healthy diet and lifestyle. You can return to work or normal activities immediately after the treatment.

Lifestyle Impacts on Targeted Fat Areas.

Our treatments target stubborn subcutaneous fat, not visceral fat. Visceral fat is the deep dangerous fat around the organs that can only be influenced through diet, lifestyle (sleep, stress) and exercise. It is therefore important to keep a close eye on your visceral fat levels through the course of the treatments – eat a healthy, balanced diet, keep active, drink water, sleep and manage stress levels. If your lifestyle changes in a negative way, your visceral fat cells will expand and you will put on weight all over the body! This change can have a massive impact on the success of the treatments. Basically, our treatments shrink/kill stubborn subcutaneous fat cells, so if you are expanding your visceral fat cells (through an unhealthy lifestyle) the results of our treatments will be hidden.