

## Fat Dissolving Aftercare

- For best results, please aim to follow these few 7 key steps:
  1. Maintain your weight
  2. Eat a healthy diet
  3. Drink at least 2.5 litres of water / fluid to support your lymphatic system
  4. Reduce your intake of caffeine to no more than 2 cups per day
  5. Reduce your alcohol intake to 1 or 2 drinks per week
  6. Be active
  7. Massage, Massage, Massage
- After treatment there may be slight redness, swelling, bruising, tenderness or itching in the in the treated area. This is a normal result of the product/injection – the inconvenience is temporary and generally disappears in a day or two. Small lumps may also occur and will go over a few days. Contact me if you are concerned.
- Numbness and reduced sensation in the treated often occurs and can persist for several weeks/months after the treatment. This always resolves spontaneously with time.
- The area can remain tender to touch several weeks after the treatment. Paracetamol or Codeine can be taken, but avoid anti-inflammatory pain killers such as Ibuprofen.
- Rarely allergic reactions can occur, in the form of small lumps the size of a 1p piece. If that happens please contact me for advice.
- You may apply an ice pack to the treated area to reduce the initial swelling. Massaging Arnica gel into the treated area 3-4 time a day can also help with bruising and swellin, as can a compression garment.
- If you have previously suffered from facial herpes, there is a risk that the injections could contribute to another eruption of herpes (cold sores etc.).
- Do not wash the area or take a hot shower for 8 hours after the treatment.
- Do not expose the treated area to intense heat e.g. sunbed, swimming, sauna, sunbathing or extreme coldness. A sauna before treatment can help to mobilise the fat. If it's unavoidable to go into the sun, wear SPF 50 at all times.
- Avoid heavy exercise for 48 hours after treatment, as sweating will cause you to excrete the solution from the skin, which will reduce the treatment effectiveness.

- Eat extra fibre to bind toxins excreted in the digestive tract. Follow a low-carbohydrate/high protein diet (such as steamed vegetables with fish/chicken/meat and no bread or potatoes diet) for 72 hours post treatment. This is not mandatory, but will optimise results.
- Avoid or limit alcohol to facilitate the liver in the handling of the fat.
- Stay well hydrated by drinking 2.5 litres of water a day
- Massage the area at least once a day. Use a small amount of oil or cream for lubrication. Massage towards the lymph nodes. This helps to move the dissolved fat out of the body.
- Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three weeks after the treatment. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your last treatment.
- Depending upon the area to be treated you will need a course of treatments. One treatment will produce minimal results. Treatments can be carried out 4 weeks apart ... or 2 weeks if you are having more than one body part treated simultaneously
- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at [@Aesthetice/JE](#) and review your experience. Thank you.