

Fat Freezing (Cryolipolysis) 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 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 and bruising in the in the treated area and generally disappears within a few days.
- The area will feel very cold immediately after treatment, but warms up within an hour or so.
- Physical activity or exercise is beneficial to support the lymphatic system which helps carry the dead fat cells away.
- Whilst fat freezing destroys fat cells, it does not remove all the fat cells in the treated area. Therefore any weight gained between your treatment and your 8 week review could negatively affect your results.
- Cryolipolysis is not a substitute for a healthy diet and regular exercise. For our larger clients we often incorporate a combination of our weight loss programme alongside a bespoke treatment programme.
- 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). 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 for the next week
- Massage the area daily using oil or cream or the Slimming Gel available from us.
- 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 usually

combined with HIFU Body or Ultrasound/Radio Frequency skin tightening. One treatment will produce minimal results. Fat Freezing Treatments can be carried out every 8 weeks.

- We carry out a reivew at 8 weeks, following which you may decide that a further treatment is required to achieve a greater reduction of fat. The same area can be treated multiple times if required but care would be taken so that the area was not over treated.
- 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.