

# Ultrasound Cavitation Aftercare

Ultrasound fat cavitation is a great way to address stubborn fat and problem areas. For maximum results, it's important to follow the aftercare plan below.

- **Pre Treatment Hydration**  
To ensure your body responds well to Ultrasound Cavitation, drink at least 2 liters of water for 24-hours prior to treatment. Stagger the water consumption over this period to ensure your body is well hydrated.
- To achieve optimal results a low calorie, low carbohydrate, low fat and low sugar diet 24hrs pre and post treatment will ensure your body utilizes the fats released by the fat cavitation process. For best results, this diet should be followed ongoing.

In addition, avoid or limit alcohol and caffeine

While ultrasound fat cavitation is a great tool to help to contour your body through the emulsification of fat, it will not compensate for a healthy and active lifestyle.

- **Fat Detoxification**  
The release of energy into your body through Ultrasound Cavitation can also release any toxins stored in the fat, which will naturally filter out of your system following treatment.  
  
To assist the detoxification process, 2 liters of water should be consumed within the 24 hours post treatment and ideally, daily from then on.
- You may experience redness and small bumps across the area due to a heat rash. If so, it should subside with a couple of hours. If you're concerned, please contact me on 07885 664438.
- **Lymphatic drainage**  
Dry Body Brushing, will also help release toxins from the body. Dry Body Brushes are available to purchase in clinic.
- **Treatment Frequency**  
The body requires 72 hours to eliminate fat and toxins after a treatment therefore treatments can only be provided every 3 days with a maximum of 40 minutes per treatment.

On average, most clients require 6 – 12 treatments, at least weekly, to achieve best possible results.

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.