

BODY CONTOURING BEFORE AND AFTER CARE ADVICE

PRE TREATMENT:

- Hydrate well before arriving for your appointment. Good hydration provides a healthy Lymphatic system.
- No alcohol 24hrs before and after treatment.
- Avoid heavy meals 2-4 hours before and after each treatment, as this may confuse the body about what fat to metabolize.
- Avoid fasting before treatment; the body will go into starvation mode and the fat may become more resistant to laser treatment.
- Avoid coffee, tea, or carbonated beverages prior to treatment as these may cause bloating.
- Limit intake of sugars, bread, pasta, 3 days prior to treatment.
- The day before the treatment, drink at least two liters of water.
- Avoid treatment around the time of menstruation because of bloating and increased blood flow.

POST TREATMENT:

- Exercise for at least 20 minutes after your treatment to stimulate and move lymph throughout the body.
- Drink plenty of water and stay hydrated.
- Eat a low-fat, low-carbohydrate and low-sugar diet for 24 hours, in order to aid in fat metabolism.
- Drink plenty of water and stay hydrated.
- Avoid alcohol for 72 hours post-treatment.
- Do not engage in strenuous exercise for 24 hours post-treatment. Your body needs to recover so that your liver can remove extruded fatty acids and toxins from your system.
- Use dry skin brushing to stimulate lymph movement after your session.
- Dry skin brushing is a method of lymphatic stimulation where a dry fiber bristle brush is lightly brushed all over the body.
- Avoid saunas, hot tubs, or extreme temperatures for 24-48 hours.

Let us know if you have any concerns or questions – we're always happy to help!

Thanks

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