

AFTERCARE

WHAT TO EXPECT FROM ALL LIPOCONTRAST TREATMENTS:

Drink minimum of 2L of water daily.

Avoid any food/drinks that are dehydrating, i.e. alcohol or caffeinated drinks, high salt foods.

Resume your daily activities.

Wear loose clothing 24 hours post treatment.

There may be some bruising in the treatment area. This will dissipate in the next few days. Arnica tablets/cream can be used pre/post treatment to help resolve this.

- **IMPORTANT** Lipocontrast treatments should not be used as a replacement for dieting!

If you have any problems or queries regarding your removal, please us on 01707 662 477.