



Cavitation Lipo - Pre-treatment and aftercare advice

It is strongly recommended to avoid the following:

Avoid alcohol for 24 hours before and after treatment.

Avoid caffeine 2 hours before and after treatment.

Avoid eating a heavy meal 2 hours before and after treatment.

Avoid sunbeds or saunas for 48 hours.

Avoid white carbohydrates for 24 hours post treatment.

Drink 3 litres of water throughout the 24 hours pre-treatment and then daily afterwards.

Eat a well-balanced diet on the day of treatment.

Giving the body time to eliminate toxins and waste from the body. It is important to drink plenty of water to aid this process as well.

Exercise for at least 30 minutes is highly recommended afterwards to stimulate the circulatory and lymphatic systems to remove toxins released during a treatment.

Ultrasound cavitation destroys fat cells leading to fat storage, which is significantly reduced or eliminated.