

# SKIN & LASER

Lytham St Annes

## SHRED Body Sculpting (Ultrasound Cavitation + Radio Frequency) Pre-Care, Preparation & Aftercare

### Pre-Treatment Care (3–7 Days Before)

Proper preparation helps maximize fat breakdown and skin-tightening results.

- Increase water intake (at least 64–80 oz daily) starting 3 days before treatment.
- Avoid alcohol for 48 hours prior to your session.
- Avoid heavy meals the day of treatment.
- Maintain a healthy diet—low in sugar, refined carbs, and saturated fats.
- Avoid anti-inflammatory medications (ibuprofen, aspirin) for 24 hours unless prescribed.
- Inform your provider if you:
  - Are pregnant or breastfeeding
  - Have a pacemaker, metal implants, or electronic devices
  - Have liver, kidney, heart conditions, or poor circulation
  - Have active infection, hernia, or open wounds in the treatment area

### Day-Of Preparation

On the day of your appointment:

- Arrive well-hydrated.
- Wear comfortable, loose-fitting clothing.
- Avoid applying lotions, oils, or creams to the treatment area.
- Eat a light meal and avoid caffeine if sensitive.

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## Dermaplaning: Pre-Care, Preparation & Aftercare

### Post-Treatment Aftercare

Mild warmth, redness, or tingling is normal and temporary.

- Drink plenty of water for 48–72 hours after treatment to help flush released fat cells.
- Engage in light to moderate exercise (walking, cardio, strength training) within 24 hours to enhance results.
- Avoid alcohol and heavy meals for 24–48 hours post-treatment.
- Maintain a clean, balanced diet to prevent fat storage in untreated areas.
- Avoid extreme heat (saunas, steam rooms, hot tubs) for 24 hours.
- Gentle massage of the treated area may help lymphatic drainage (if recommended)..

### Treatment Schedule & Results

Treatments are performed once per week.

A course of 6–8 sessions is recommended for optimal results.

SHRED helps reduce localised fat, improve body contour, and tighten skin.

Results are gradual and continue to improve with hydration, exercise, and healthy lifestyle habits.