

**Post AFTERCARE Treatment Advice**

***“ To achieve the maximum results from your LipoFirm Pro Body or Face Contouring treatment, The Denwood Clinic in conjunction with LipoFirm Pro recommend the following”…***

* Avoid Alcohol and Caffeine **24 hours** *PRIOR* to your treatment
* Moderate exercise is beneficial
* Avoid heavy foods for **24 - 48 hours** *POST* treatment
* A ‘clean’ diet is recommended for at least **5 hours** *POST* treatment
* Avoid alcohol for at least **24 hours** *POST* treatment
* Avoid heat treatments, i.e. Sunbeds, Steam or Saunas for **24 hours** *POST* treatment
* Drink at least 2 litres of WATER per day, if possible for the ENTIRE course of your LipoFirm treatment
* You may experience an increased passing of urine and it may also be stronger and darker in colour as toxins, fat and cellulite are broken down and exit the body
* The healthier your body is – the better the LONGTERM results!

 Things to avoid – to help *prolong* the effects of your LipoFirm body and face treatment(s);

* Refined sugars – sweets, chocolate, cakes and sweeteners
* Refined carbohydrates – Potatoes, white bread, white pasta, white rice
* Fizzy / sugary drinks

 Things to enjoy!

* Still water – Flavour naturally with lemon / lime / cucumber
* Fruit and vegetables
* Lean protein – Fish, white meat, red meat
* Complex Carbohydrates – Brown bread, brown pasta, brown rice, sweet potatoes

***The cell metabolism within the fat cells that have been treated has been INCREASED, so, for long-term results it is advised to support the treatment with a healthy diet outside of the clinic.***

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