

Zerona6 LipoLaser/ Laser Assisted Liposuction

Patient Post-Procedure Instructions

1. **Stay well hydrated** with non-alkaline water. We recommend spring water over tap water.

Why? The liberated fat cell components need to travel through the aqueous lymphatic system in order to be completely removed from your body (excreted.) Drink more water than normal for 2 weeks longer than your treatment period to speed up the slimming process.

2. **Stay active** with light cardiovascular activities. We recommend long-gait walking daily for at least 40 minutes. Walking the dog does not count. Yoga is also supportive (not hot yoga.)

Why? The liberated fat cells need muscle-pumping to squeeze the lymphatic vessels in order to remove the liberated fat cells components. Increased blood flow also assists to process the lymph for excretion. The manufacturer of the laser, along with the FDA and research, have found that you get better results with assistance of light activity.

3. **Utilize percussion** (vibration) to assist in mechanical lymphatic activation.

Why? Mechanical agitation of the pierced fat cells assists in emptying them more completely. A wand-type percussor is best. We use Pure Wave brand in our office. (www.purewave.com) Lymphatic massage is also helpful.

4. **Take a complex B vitamin and L-Carnitine** during the course of the treatments, and for at least 1 week after the completion of your treatments.

Why? The manufacturer of the laser, along with the FDA and research, have found that you get better results with the addition of these supplements.

5. **Strive for a healthy anti-Inflammatory diet** (handout available) and reduce: alcohol, salt and processed, fatty foods.

Why? The liver, kidneys and lymphatic system can quickly excrete the fat cell components when they are not already dealing with other compounds that cause systemic inflammation.

6. **Sleep** is important for recovery and cell health. Drink water before going to bed.

If you have any questions, please contact the Office at 310-663-8602.