

## Pre/Post Treatment for Fat Dissolving Shots

Pre and post-treatment care are essential for maximizing the effectiveness of fat-dissolving injections and minimizing potential side effects. Here's a guide for both pre and post-treatment care for fat dissolving shots:

### Pre-Treatment:

- **Consultation:** Schedule a consultation with a qualified healthcare provider or cosmetic surgeon to discuss your goals, medical history, and suitability for fat-dissolving injections. During the consultation, your provider will assess your areas of concern and determine if you're a suitable candidate for the treatment.
- **Medical Evaluation:** Disclose any medical conditions you have and medications you're taking to your provider during the consultation. Certain medical conditions or medications may impact your eligibility for fat-dissolving injections or require adjustments to the treatment plan.
- **Avoid Blood-Thinning Medications:** If possible, avoid taking blood-thinning medications such as aspirin, ibuprofen, or herbal supplements like fish oil or vitamin E for a few days before your appointment. These medications can increase the risk of bruising and bleeding at the injection sites.
- **Stay Hydrated:** Drink plenty of water in the days leading up to your appointment to keep your body hydrated. Hydrated skin tends to heal more effectively and may show improved results from the treatment.
- **Avoid Alcohol and Caffeine:** Limit alcohol and caffeine consumption for at least 24 hours before your appointment. Alcohol and caffeine can dehydrate the body and increase the risk of swelling or discomfort during and after the treatment.
- **Clean Skin:** Ensure that the treatment area is clean and free of lotions, oils, or makeup on the day of your appointment. Clean, dry skin allows for optimal injection placement and reduces the risk of infection.
- **Avoid Sun Exposure:** Minimize sun exposure to the treatment area for at least two weeks before your appointment. Sunburned or tanned skin can increase the risk of complications and affect the effectiveness of the treatment.

### Post-Treatment:

- **Follow Provider's Instructions:** Adhere to any post-treatment instructions provided by your provider, including skincare routines, medication recommendations, and follow-up appointments.

- **Avoid Strenuous Activity For The First 24-48 Hours Post-Injection:** This means no heavy lifting, running, or jumping - even if you feel like you can do these activities with ease. Doing so may interfere with the effectiveness of the injections and may even cause injury
- **Continue to Massage Area for 1-14 Days:** Massage the treated areas after your treatment. Lymphatic drainage is recommended to speed up recovery and decrease lumpiness.
- **Do Not Use Creams or Products on Areas Treated For the first 24 hours**
- **Stay Hydrated:** Drink plenty of water after your treatment to keep your body hydrated and promote healing. Hydrated skin tends to recover more quickly and may show improved results.
- **Apply Ice Packs:** If you experience discomfort or swelling after treatment, apply ice packs wrapped in a cloth to the treated area. This can help reduce inflammation and soothe the skin.
- **Avoid Hot Showers and Baths:** For the first 24-48 hours after treatment, avoid hot showers, baths, saunas, or activities that cause excessive sweating. Hot water and sweat can irritate the treated area and increase the risk of complications.
- **Avoid Alcohol and Caffeine:** Limit alcohol and caffeine consumption for at least 24 hours after your treatment. Alcohol and caffeine can dehydrate the body and may interfere with the healing process.
- **Avoid Sun Exposure:** Protect the treated area from direct sunlight by wearing protective clothing or applying sunscreen with SPF 30 or higher. Sunscreen should be applied regularly, especially during the first few weeks after treatment, to prevent pigmentation changes and sunburn.
- **Although Rare: Watch for Signs of Allergic Reactions or Infection:** Signs of an allergic reaction or infection include fever, redness, swelling, itching, and hives at the injection site. If you experience any of these symptoms, contact your health care provider immediately for advice!
- **Although Rare: Watch for Signs Adverse Side Effects:** Swelling, numbness or lumps that do not improve in 8 weeks should be followed up with your healthcare provider.
- **Follow-Up Appointments:** Attend any scheduled follow-up appointments with your provider to assess your progress and discuss any concerns or questions you may have about your treatment outcomes.

**Following these pre-treatment and post-treatment guidelines can help ensure a safe and effective fat-dissolving injection experience. If you have any questions or concerns before or after your treatment, don't hesitate to reach out to your provider for guidance and support.**