

## **Pre & Post Laser Lipo Guidelines**

In order to maximise the results from your course of laser-lipo it is essential to follow the guidelines as listed here. If you wish to discuss this there is always a member of staff that you can speak to in the Clinic, or you can book in for a lifestyle & dietary assessment.

A **medical questionnaire** must be filled in before you can start with any treatment. You must be honest with your answers and also make sure that you can list any medication currently taken.

On the day of your laser treatment (and during the course of your treatments) try to **avoid caffeine, heavy fatty meals, and fizzy drinks**. We recommend Green tea (speeds up metabolism), white tea (speeds up metabolism) and herbal teas are fine. Oolong tea and Puerh tea help to break down the fatty lipids in your blood and so help with an overall weight loss program (available in Waitrose). 4 cups per day recommended.

Add freshly squeezed lemon juice to a 1 1/5 litre bottle of water and sip throughout the course of the day. This helps to flush the fat that has been released out of your body and has a great detoxifying effect.

To maximise the benefit of your treatment it is necessary to exercise for a minimum of 20 minutes on the day of your treatment and for the following 2 days post treatment.

The fat that has been released into your lymphatic system is there for 2 days before it is reabsorbed back into your body. If you exercise this will move the released fat out of your system.

If you are unable to exercise for medical reasons you may have a lymphatic massage from one of our therapists. Lymphatic massage stimulates your lymphatic system and helps to eliminate the fat that has been released.

**Alcohol must not be consumed** following treatment and is best avoided altogether during a course of treatments. If you drink alcohol following a treatment the released fat will not be eliminated as your liver is working to process the alcohol instead.

## **In the week leading up to your treatment**

Drink six to eight glasses of fluid a day

According to the NHS, we should be drinking 1.2 litres of fluid a day, preferably water. Water contains no calories or teeth-damaging sugars, making it the perfect drink to help keep you hydrated and healthy.

*Eat a healthy diet*

- A low-carb, high-vegetable diet is a great way to lose weight

Although laser lipo reduces your body fat, it can't keep the fat off you if you go on to eat unhealthy food. Starting a healthy diet earlier means you'll have a better chance of continuing with it after your treatment. Ultimately, that's what a healthy diet is—a good habit.

- A healthy diet make you feel good physically and mentally

Eating healthily can give you the confidence, energy and happiness that you may have been lacking beforehand. Combine that with the boost to your self-esteem that laser lipo can give you—you'll feel great.

- Avoid fad diets and detox regimes

These are short-term quick fixes which in the end can cause more damage than good. To keep the pounds off, you want a habit you can continue indefinitely.

### *Exercise*

You should do some kind of exercise for around 30 minutes, at least three times a week. Again, like a healthy diet, exercise is a habit.

If you've spent most of your life doing little exercise, start slow. There are some fantastic apps that condense 30 minutes of exercise into seven high-intensity workouts.

Some studies have shown that short, high-intensity workouts can be just as good as longer, less intense workouts. They're great for newbies and people who don't have a lot of time—the exercises are short, healthy and you can do them anywhere!

The sooner you start exercising, the better. It will help you both before and after your treatment, and give you a healthier and happier lifestyle.

### *Cut down on alcohol and sugary drinks*

Alcohol and sugary drinks are, honestly, some of the worst things you can put in your body, so moderation is key. These drinks provide no nutritional value and simply pump your body full of empty carbohydrates. If you really must drink them:

- switch to low-carb spirits like vodka, mixed with a low-carb mixer
- drink "diet" versions of soft drinks

On the day before your treatment, don't drink any alcohol or sugary drinks.

On the day of your treatment

### *Relax*

Non-invasive treatment is virtually painless, so you have nothing to worry about. If you're feeling anxious, take a few deep breaths, have a cup of tea and do something you enjoy to take your mind off the treatment.

Many people with anxiety issues find that meditation helps them ward off unpleasant feelings. There are some [great apps for beginners](#) which can help you tackle meditation, turning it into a great and relaxing experience.

### *Stop eating two hours before*

If you've eaten less than two hours prior to your treatment, it could make you feel worse during the procedure, particularly if you're getting your abdomen treated.

Plan to enjoy some exercise afterwards

If you've elected to have non-invasive laser lipo, you can help flush out the fatty cells with some rigorous exercise. You'll need to do this within 12 hours of the surgery. It doesn't matter what kind of exercise, as long as it gets your heart pumping!