

About the Treatment

Carboxytherapy is a minimally invasive, non-surgical treatment involving the controlled injection of **medical-grade carbon dioxide (CO₂)** gas beneath the skin. This process increases local blood flow, enhances oxygen delivery to tissues, stimulates collagen production, improves skin texture and elasticity, and helps with fat metabolism and drainage. It is commonly used to treat:

- **Cellulite**
 - **Stretch marks (striae)**
 - **Localized fat pockets**
 - **Under-eye dark circles**
 - **Hair loss and scalp circulation**
 - **Skin laxity**
 - **Post-liposuction irregularities**
 - **Circulatory issues and skin rejuvenation**
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PRE-TREATMENT INSTRUCTIONS

To ensure a safe and effective treatment experience, please carefully follow the guidelines below:

1. Medical Disclosures & Suitability

- Inform us if you are:
 - **Pregnant or breastfeeding**
 - Diagnosed with **diabetes, hypertension, heart or respiratory conditions**
 - Living with an **autoimmune disorder** or taking **immunosuppressive medications**
 - Taking blood thinners, **anti-inflammatory medications**, or **steroids**
 - Prone to **keloid scarring** or poor wound healing
- Disclose all **current medications, supplements, or herbal remedies**
- Inform us of any **recent surgery, cosmetic procedures, or infections**

! Carboxytherapy is not suitable if you have **active infections, open wounds, uncontrolled medical conditions, or severe claustrophobia** (for certain body areas).

2. Lifestyle & Preparation

- **Avoid alcohol and smoking** for at least **24–48 hours** prior. These reduce circulation and healing potential.

- **Hydrate adequately:** Drink 2–3 litres of water per day starting 2 days before your treatment.
 - Avoid **caffeine and salty foods** on the day of treatment to minimize swelling.
 - **Do not consume anti-inflammatory medications**, such as aspirin or ibuprofen, unless medically necessary, for 48 hours prior (to reduce bruising).
 - Avoid **blood donation or major dental work** for at least 48 hours before and after treatment.
 - **Refrain from waxing, shaving, or using retinoids** on the treatment area for at least 2 days before treatment (especially for facial or bikini areas).
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3. Skin & Body Area Preparation

- Do not apply **creams, lotions, makeup, perfume, or oils** to the treatment area on the day of treatment.
 - Shave or trim the area **24 hours before** (if applicable) to avoid skin irritation.
 - Avoid **sun exposure and tanning beds** on the area for **at least 1 week** before treatment.
 - If undergoing **facial treatment**, please arrive with a clean face — no makeup.
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Do NOT Undergo Carboxytherapy If You:

- Are pregnant or breastfeeding
 - Have uncontrolled medical conditions
 - Are actively infected or have recent skin trauma
 - Have had a **stroke, blood clots**, or severe **vascular disease**
 - Are undergoing chemotherapy or radiation
 - Have implanted **pacemakers** or **electronic devices** in the area to be treated
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POST-TREATMENT CARE

It's normal to experience temporary **redness, swelling, tenderness, bruising**, and a **crackling or popping sensation** under the skin where the gas was injected. These effects usually resolve within a few hours to 2–3 days.

1. Immediately After Treatment

- Do not touch or massage the area for at least **6–8 hours**.
- Avoid **makeup** or **skin products** (especially active ones like AHA/BHA, retinol, or Vitamin C) for **24–48 hours** post-treatment.

- If bruising occurs, you may apply **Arnica cream** or take **Arnica tablets** (ask your practitioner for guidance).
 - You may experience slight discomfort or tenderness for up to 72 hours. This is normal.
 - Avoid **tight clothing, compression wear**, or anything that may irritate the skin.
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2. Activity & Lifestyle Restrictions

- **Avoid hot baths, saunas, steam rooms, and intense exercise for 48 hours.**
 - No swimming or soaking in water for 48 hours post-treatment.
 - Do not consume alcohol, caffeine, or nicotine for at least 24 hours post-treatment.
 - Continue to **drink 2–3 litres of water daily** for 3–5 days post-treatment to support lymphatic drainage and maximize results.
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3. Skin Aftercare

- Clean the treated area gently with tepid water and a non-active cleanser.
 - Moisturize the area using a gentle, fragrance-free lotion if dryness occurs.
 - Do not exfoliate or use harsh products for 5–7 days post-treatment.
 - If treating the **under-eye area**, avoid rubbing or applying pressure and sleep elevated to reduce swelling.
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4. Results & Maintenance

- You may begin seeing results after 2–3 sessions, but optimal outcomes are usually visible after **6–10 treatments**, depending on the area and condition being treated.
 - **Maintenance treatments** may be needed every 1–3 months to sustain results.
 - Results vary depending on lifestyle, hydration, circulation, and individual healing response.
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When to Contact London Body Centre

Call us immediately if you experience:

- Excessive redness, heat, or swelling lasting more than 72 hours
- Pus, severe discomfort, or signs of infection
- Sudden allergic reactions (hives, rash, difficulty breathing)
- Vision changes (in rare cases involving the eye area)