**Vacuum Suction Non-Surgical Breast Enhancement**

***Pre & Post-Treatment Care Advice***

At **London Body Centre**, we are committed to ensuring your treatment is safe, effective, and delivers the best possible results. Please follow the guidelines below to prepare for and care after your **vacuum suction breast enhancement treatment**.

**PRE-TREATMENT CARE**

To get the most out of your session, please take the following precautions:

**✅ 1. Stay Hydrated**

Drink at least **1.5–2 litres of water daily** starting **2–3 days before** your appointment. Hydration supports lymphatic drainage and improves skin elasticity.

**✅ 2. Avoid Caffeine & Alcohol**

Limit caffeine and **avoid alcohol for 24 hours** before your treatment. These substances can dehydrate the body and affect circulation, potentially reducing results.

**✅ 3. No Heavy Exercise Before Treatment**

Avoid intense workouts for at least **12 hours prior**. Exercise can increase circulation and heat in the body, which may make the treatment area more sensitive.

**✅ 4. Eat Lightly**

Have a light, healthy meal at least 1–2 hours before treatment. Avoid heavy, greasy foods.

**✅ 5. Avoid Lotions, Oils, or Creams on the Chest**

Ensure your chest area is clean and free from moisturisers, fake tan, or oils before arriving.

**✅ 6. Clothing**

Wear **comfortable, loose-fitting clothing** and a **supportive but non-restrictive bra** or sports bra to your appointment.

**POST-TREATMENT CARE**

Aftercare is essential to ensure the results are maintained and your body responds well to the treatment.

**✅ 1. Continue Hydrating**

Keep drinking plenty of water for the next **48 hours**, as this helps flush out toxins and supports tissue recovery.

**✅ 2. Avoid Heat Exposure**

Avoid hot baths, saunas, sunbeds, or steam rooms for **24–48 hours** after treatment, as they may increase swelling or discomfort.

**✅ 3. Light Exercise Only**

Light exercise is fine after 24 hours, but avoid high-impact chest workouts (like push-ups or heavy lifting) for at least **48 hours**.

**✅ 4. Avoid Alcohol & Caffeine**

Refrain from alcohol and caffeine for another **24–48 hours post-treatment**, as these can slow down the lymphatic process and affect your results.

**✅ 5. Massage the Area Gently (If Recommended)**

In some cases, we may advise gentle self-massage to encourage circulation and promote firmness — your therapist will guide you on this based on your session.

**✅ 6. Supportive Bra**

Continue wearing a **supportive, non-padded bra** (sports bra recommended) to help maintain the enhanced shape and reduce pressure on the area.

**WHAT TO EXPECT AFTER TREATMENT**

* Temporary **redness or mild swelling** is normal and should subside within a few hours.
* Some clients may experience **mild tenderness or tightness** in the chest area.
* Results are often visible after one session, but a **course of treatments** (typically 6–10) is recommended for best results.
* Results are **non-permanent** and require maintenance, especially after the initial course.

**WHEN TO CONTACT US**

Please reach out to your therapist or the clinic if you experience:

* Excessive swelling or bruising
* Pain or discomfort beyond 48 hours
* Any signs of infection or broken skin