



LEMON BOTTLE AFTERCARE INSTRUCTIONS

1. Immediately After Treatment (First 24–48 Hours)

- Avoid touching or rubbing the treated area.
- No strenuous exercise or intense heat (e.g. saunas, hot baths).
- Stay upright for at least 4 hours post-treatment (don't lie down flat).
- Apply a cold compress if needed for swelling—but avoid direct ice contact with skin.

2. Manage Swelling & Bruising

- Swelling is normal and can last several days.
- Take arnica tablets or gel to help reduce bruising.
- Use paracetamol for discomfort.

3. Hydration & Diet

- Drink plenty of water (2–3 liters/day) to support lymphatic drainage.
- Avoid alcohol and salty or processed foods for 2–3 days post-treatment to reduce fluid retention.
- Eat a clean, anti-inflammatory diet with lots of fruits, vegetables, and lean proteins.

4. Massage & Lymphatic Drainage

- After 48–72 hours, gentle massage or manual lymphatic drainage (MLD) can help reduce swelling and improve results..

5. Avoid These for at Least 3–5 Days

- Sun exposure or tanning on treated areas
- Makeup or perfumed products near injection sites (especially face/neck)
- Alcohol, smoking, and caffeine (they slow healing and reduce efficacy)

6. Keep Skin Clean

- Gently cleanse the area with mild soap.
- Avoid exfoliants or strong skincare products until healed.

7. Follow-Up Treatments

- Results take a few weeks to show and may require multiple sessions.
- Treatments are usually spaced 2–4 weeks apart.

WATCH OUT FOR

- Excessive swelling, hard lumps, or signs of infection (pus, heat, severe pain):
Contact your practitioner immediately.