

After your Body Contouring treatment, please follow these aftercare instructions to ensure optimal healing and results:

Hydration: Staying well-hydrated is important after any body contouring treatment. It can help your body flush out the fat cells that have been broken down during the procedure.

Healthy Diet: Maintain a balanced and healthy diet. Body contouring helps to shape the body but maintaining the results depends largely on your lifestyle habits.

Exercise: Regular physical activity is recommended to help your body naturally process and eliminate the fat cells released during the treatment.

Avoid Heat and Sun: Stay away from direct sunlight, hot baths, saunas, and any other source of significant heat for a few days after treatment, as these can aggravate inflammation in the treated areas.

Wear Comfortable Clothes: Loose, comfortable clothing can help reduce discomfort and assist in the healing process.

No Smoking or Drinking Alcohol: These substances can affect your body's ability to heal, so it's best to avoid them before and after your procedure.

Follow-up Treatments: For best results, multiple treatments are often necessary. Be sure to schedule your next session before leaving the clinic and follow your provider's recommended treatment plan.

Contact Your Practitioner: If you experience severe pain, excessive swelling, or any other concerning symptoms, get in touch with your practitioner immediately.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.