

ULTRASONIC FAT CAVITATION AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

Please follow the aftercare advice for ultrasonic fat cavitation.

- The treated area may appear slightly red and feel mildly tender afterwards. These effects should normally resolve within 48 hours. You may also occasionally experience some lumpiness in the treatment area, this should settle with follow up treatments. Contact your practitioner if you are worried about the healing process.
- After fat cavitation treatment you may continue your normal daily activities.
- Drink plenty of water to keep hydrated following treatment. This can also help flush breakdown products from fat cells through the lymphatic system.
- Follow a healthy balanced diet and take regular physical exercise. This will help you to not gain further body fat deposits after the treatment. Note that ultrasonic fat cavitation is not a weight loss treatment.
- Reduce consumption of alcohol, caffeine, fatty foods and excess carbohydrates and sugars. This will help prevent new fat formation.
- If you experience any discomfort after treatment, you can take a simple over the counter pain killer such as paracetamol.
- Avoid extreme temperatures of hot or cold for 48 hours, including hot baths, saunas or steam rooms.
- Inform your practitioner if you plan to have any other cosmetic treatments e.g. Botox, dermal filler. They will inform you when it is safe for you to have these done following fat cavitation.
- Contact your practitioner as soon as possible if you notice any unwanted side effects.
- Your practitioner will inform you when your next treatment is due. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please

do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

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.