

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

Please follow the aftercare advice for Laser Lipo:

- The use of **compression garments** is indicated post-treatment to mitigate oedema and enhance the recuperative process. Consistent wear in accordance with the surgeon's protocol is recommended to optimise outcomes.
- **Take medication as prescribed:** You may be prescribed pain medication or antibiotics to take after the procedure. Follow the directions provided by your surgeon for taking these medications.
- **Manage pain and discomfort:** You may experience some pain and discomfort after the procedure. Apply ice packs to the treated area for 20 minutes at a time, and avoid taking aspirin or other blood-thinning medications.
- **Follow a healthy diet:** To aid in your recovery, it is important to follow a healthy diet that is low in salt and sugar. Avoid alcohol and caffeine for the first 48 hours after the procedure.
- **Limit physical activity:** You should avoid strenuous physical activity for at least two weeks after the procedure. Light walking is recommended to improve circulation and reduce the risk of blood clots.
- **Attend follow-up appointments:** You will need to attend follow-up appointments with your surgeon to monitor your healing progress and ensure the best possible results.
- **Protect your skin:** Keep the treated area dry and clean to prevent infection. Avoid direct sunlight and use sunscreen to protect your skin from UV rays.
- **Be patient:** It may take several weeks or even months to see the full results of your procedure. Be patient and follow your surgeon's instructions for optimal healing.

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.