

Following your **Ultrasonic Fat Cavitation treatment**, it is important to adhere to the aftercare advice provided to ensure optimal results and minimise any potential complications. Please review the aftercare recommendations below:

Hydration: Drink plenty of water (at least 8-10 glasses) daily to help flush out the broken-down fat cells from your body. Staying well-hydrated will aid in the elimination process and support overall health.

Nutrition: Maintain a balanced and healthy diet, focusing on whole foods, lean proteins, fruits, and vegetables. Avoid consuming excessive amounts of fatty, sugary, or processed foods, as this can hinder your treatment results.

Exercise: Engage in regular physical activity (at least 30 minutes per day) to support your body's natural fat elimination process and enhance the results of your treatment. Activities such as walking, jogging, swimming, or cycling are all beneficial.

Avoid alcohol and caffeine: Limit your alcohol and caffeine consumption for at least 48 hours after the treatment, as these substances can interfere with your body's ability to eliminate the broken-down fat cells.

No heat exposure: Refrain from using saunas, steam rooms, hot tubs, or taking hot showers for at least 48 hours post-treatment, as heat can increase inflammation and discomfort in the treated area.

Avoid tight clothing: Wear loose, comfortable clothing for 24-48 hours after the procedure to minimise irritation and discomfort in the treated area.

Gentle massage: Gently massage the treated area daily to help stimulate circulation and promote the elimination of fat cells.

Follow-up appointments: Attend all scheduled follow-up appointments with your practitioner to assess your progress and discuss any concerns or questions you may have.

Monitor for complications: If you experience severe pain, excessive swelling, bruising, or signs of infection (such as redness, warmth, or pus), contact your practitioner immediately for further assessment and guidance.

It is essential that you have read all of the information available. Please do 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.