



Pre and Post Instruction for Ultrasonic Cavitation

To ensure the best results with this treatment we suggest that you follow the aftercare recommendations:

- Drink at least 2 liters of water before your treatment and another 2 liters in the day after your treatment (soft drink, soda, juice or tea is not water).
- You should not eat 2 hours before and 1 hour after treatment.
- Do not drink ANY alcohol or caffeine in the day of treatment or 48hrs after.
- Use dry skin brushing daily to stimulate lymph movement (your therapist will show you how to do this).
- Do not have a hot shower (warm is alright), spa or sauna straight after treatment.
- Diet: Follow a fat free, low starch, low sugar diet for best results
- Exercise for at least 20 minutes after your treatment to stimulate lymph movement.