Aftercare Information Sheet for Cavitation and Radio Frequency Treatments

Thank you for choosing Fusion Balance Massage for your cavitation and radio frequency treatments. To ensure optimal results and maintain your safety, please adhere to the following aftercare instructions:

# General Aftercare Instructions

* Hydration: Drink plenty of water before and after your treatment to help flush out toxins and support your body’s natural processes.
* Avoid Heat: For the first 48 hours post-treatment, avoid hot baths, saunas, and intense workouts. This helps to minimise inflammation and sensitivity.
* Skin Care:
* Use a gentle cleanser and moisturiser on the treated areas. Avoid harsh scrubs or exfoliants for at least a week.
* Apply sunscreen to protect your skin from UV rays, especially if the treated area will be exposed.
* Diet: Avoid excessive salt, sugar, caffeine, and alcohol for at least 48 hours to reduce swelling and enhance results.
* Massage: Lightly massage the treated areas as advised by your practitioner to aid lymphatic drainage and improve results.

# Specific Aftercare for Cavitation

* Rest: Allow your body time to recover; avoid strenuous activities for 48 hours.
* Monitor for Side Effects: It is normal to experience mild swelling, redness, or slight bruising in the treated areas. These should dissipate within a few days.

# Specific Aftercare for Radio Frequency

* Avoid Tight Clothing: Wear loose-fitting clothing to avoid friction on the treated area for at least 48 hours.
* Limit Sun Exposure: Avoid direct sunlight on the treated areas for at least one week to prevent pigmentation issues.

# When to Contact Us

If you experience any of the following symptoms, please seek medical advice:

* Severe swelling or pain
* Rash or allergic reaction
* Persistent redness or bruising beyond a few days

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If you have any questions or concerns, please do not hesitate to call us at 07464735336.