



After Care Ultrasonic Cavitation

Thank you for choosing our ultrasonic cavitation treatment! To ensure the best results and support your body's natural detoxification process, please follow the aftercare advice below.

- Drink at least 2 liters of water daily to help flush out toxins.
- Avoid alcohol and caffeine for at least 48 hours as they can slow the lymphatic drainage process.
- Maintain a healthy diet and avoid processed or fatty foods for optimal results.
- Engage in light physical activity, such as walking, to stimulate lymphatic drainage.
- Avoid hot baths, saunas, or steam rooms for at least 24-48 hours.
- Do not consume heavy meals immediately after the treatment; opt for light, nutritious foods.
- Use a dry body brush daily to stimulate circulation and enhance results.

Additional Aftercare for Best Results:

- Massage the treated area gently to aid the breakdown of fat cells.
- Lymphatic drainage massages are recommended to speed up toxin removal.
- Wear compression garments if advised by your therapist to help contour the treated area.
- Stay active by engaging in at least 30 minutes of light exercise daily.
- Limit sugar and carbohydrates to avoid fat re-accumulation.

What to Expect After Treatment:

- Mild redness, slight warmth, or tenderness in the treated area is normal and should subside within a few hours. (in some cases you may see bruising)
- Increased urination as your body flushes out the disrupted fat cells.
- Gradual results over the next few weeks as the body eliminates the fat naturally.

When to Contact Us If you experience prolonged redness, swelling, pain, or any unusual reaction, please contact us immediately.