

Contouring and Cellulite Reduction Treatment Care

Before Treatments

- Ensure that there is at least an hour between your last meal and your abdomen treatment
- Drink about 1.5 liters of water before each treatment session
- Stay hydrated (drinking at least 1 liter of water daily) during your entire course of treatment
- If you exercise regularly, treatments should be performed before the physical activity.

After Treatments

- If you experience excessive heat sensation that causes a lot of discomfort, you can cool the area with chilled Aloe Vera gel
- Makeup can be applied immediately post treatment
- Do not have hot baths, excessive aerobic exercise, rough sports, massage, etc. during the next **24 hours**, until the skin returns to its normal condition
- Practice high hygienic measures of the treated area during the next **24 hours**
- Adherence to a healthy lifestyle (diet and exercise) is strongly recommended and may help to obtain better results
- Weight gain or dramatic weight loss may have a negative effect on the results

Setting Expectations

- Maintenance sessions may be required (one maintenance session every 3-6 months)
- Response to the treatment and the number of treatment sessions required, will vary among patients and will depend on the clinical and physiological condition at the start of the treatment regimen

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