



Aesthetic Body Design

Treatment Pre + Post-Care

Fat Reduction Treatments

Patients are required to drink at least 8 cups (1.5 liters) on a daily basis when undergoing this procedure. Most important days to hydrate are the day before, day of and day after your fat loss treatment. Arriving hydrated for your appointment increases your results and prepares your system for flushing out the lymphatic drainage. For optimal results, be prepared to complete a 30-45 minute cardio workout within 24 hours of each fat reduction treatment.

Best practices include - no alcohol 24-hours before or after fat reduction treatment, general weight maintenance (so weight gain doesn't interfere with your treatments during your session series), and a reduction in caffeine on the day of your treatment (1-2 cups of coffee or other equivalent is okay as long as water intake is sufficient).

You can also utilize a liporoller - liposuction massage roller <https://amzn.to/2vyr1hn> or something similar to help with the lymphatic drainage and smooth the treatment area or a waist trainer for abdominal treatments.

After Treatment Skin Irritation

Ultrasonic Cavitation and HIFU create a deep heat in the adipose tissue that can cause sensitive areas, such as the abdominal area and front of thighs, to develop a heat rash. Most clients do not experience this, but some find it happens once or twice, while others' skin has a reaction every time after Ultrasonic Cavitation or HIFU treatments.

Recommended at-home-care for this rash is a calming ointment such as Vitamin E oil, Neosporin, or Alocane and a cool compress after every treatment. Keep the area hydrated and cool.

Skin Tightening

Drink 8 cups (1.5 liters) of water the day before your scheduled treatment. This will ensure your skin is hydrated and will heat properly for maximum collagen and elastin formation.

For face/neck/décolletage treatments, wear sunscreen daily. Though you won't be photosensitive, it is the main cause for aging and will increase your results by protecting the new growth of collagen and elastin as well as protecting from additional hyper-pigmentation.

Please keep Aesthetic Body Design informed if you are planning any other facial aesthetic procedures during the course of your facial skin tightening treatments as it can affect your ability to receive treatment. Examples are: neurotoxins such as Botox, dermal filler, PDO threads, lasers and micro-needling.

I understand that pre and post-care matters to the effectiveness of my treatments and I agree that results cannot be guaranteed and they will be affected by my willingness to follow the pre and post-care instructions provided by Aesthetic Body Design.