

# keep glowing

## med spa

### LIPOCel Treatment Instructions

<https://elitebodycontouring.com.au/lipocel-aftercare-protocol/>

#### **Disclaimer**

As with traditional liposuction, as well as other non-invasive body contouring procedures, there are other factors that contribute to your results. To obtain the best results, you must maintain a healthy lifestyle, including regular exercise and a proper diet.

#### **General Information/Pre-Treatment Care**

- Our treatments target stubborn subcutaneous fat, not visceral fat. Visceral fat is the deep dangerous fat around the organs that can only be influenced through diet, lifestyle (sleep, stress) and exercise. It is therefore important to keep a close eye on your visceral fat levels through the course of the treatments ? eat a healthy, balanced diet, keep active, drink water, sleep and manage stress levels. If your lifestyle changes in a negative way, your visceral fat cells will expand and you will put on weight all over the body! This change can have a massive impact on the success of the treatments. Basically, our treatments shrink/kill stubborn subcutaneous fat cells, so if you are expanding your visceral fat cells (through an unhealthy lifestyle) the results of our treatments will be hidden.
- Be sure to drink plenty of water and stay hydrated both before and after the treatment. The body needs to be well hydrated in order to flush out the fat and tissue effected during our treatment.
- Give your body time to work. It can take up to 12 weeks to see the full effect of your treatments. For the best results it is suggested that you complete the recommended treatment plan that your provide will develop for you.

#### **Post-Treatment Care**

- It is normal for the area to feel tender immediately after the procedure.
- No strenuous exercise 24-48 hours post treatment
- No exfoliation of the skin or application of retinol products 48 hours post treatment.
- Avoid hot baths and massage 24 hours post treatment.
- The treated area maybe flushed, reddened and feel tingly.
- Temporary bruising and numbness in the treated area can also occur (although this is rare).
- Avoid sun beds and no sunbathing during the healing process of the skin (up to 2 weeks).
- A review of your progress is recommended after 12 weeks.
- Drink plenty of water.
- Avoid alcohol for 24hours after treatment.
- Avoid fatty foods for 4 hours after treatment.
- Do not wax a treated area for 3-5 days.
- Do not laser a treated area for 7 days.
- If you have any questions or concerns, please contact our office at 848-217-2662