

FAT MELTING TREATMENT

PRE AND POST CARE

Using advanced technology, fat-melting treatments are noninvasive procedures designed to target and reduce stubborn fat pockets. A common component of these treatments involves ultrasound or radiofrequency waves, which break down fat cells. Fat-melting treatments are effective for areas like the abdomen, thighs, arms, and flanks, offering a slimmer and more contoured appearance without surgery.

As the body metabolizes and eliminates the treated fat cells, results of fat melting treatments become apparent gradually. If accompanied by a healthy lifestyle, the results are long-lasting, though follow-up treatments may be recommended for optimal results.

Having a good pre- and post-treatment care plan will maximize your results and minimize possible side effects. If you experience any unexpected symptoms or have concerns, please contact our clinic for further assistance.

Pre-Treatment Care

- **Avoid sun exposure:** Refrain from tanning or excessive sun exposure for at least two weeks before your appointment to prevent skin sensitivity.
- **Hydrate well:** Drink lots of water before treatment to support your body's natural processes.
- **Pause certain medications:** Avoid blood thinners, aspirin, and anti-inflammatory drugs for at least one week before treatment.
- **No alcohol:** Drinking alcohol 24 hours before your appointment will minimize your risk of bruising.
- **Clean treatment area:** Ensure the area is free of lotions, creams, or oils before your appointment.

Post-Treatment Care

After your fat-melting treatment, follow these guidelines to enhance your results and reduce any discomfort:

- **Use cold compresses:** Apply cold compresses to the treated areas for 10-15 minutes every few hours to reduce swelling or discomfort.
- **Stay hydrated:** Drink plenty of water to help your body eliminate disrupted fat cells.
- **Avoid vigorous activity:** Refrain from strenuous physical activities, such as intense exercise, for at least 48 hours post-treatment.
- **No alcohol or tobacco:** Avoid alcohol and smoking for 48 hours following the procedure, as these can interfere with your body's healing process.
- **Moisturize gently:** Moisturize treated skin gently to reduce irritation and hydrate the skin.
- **Limit sun exposure:** Avoid direct sunlight for at least two weeks post-treatment, and always use a broad-spectrum sunscreen on treated areas to protect your skin.
- **Avoid heat:** Avoid saunas, hot tubs, or any other heat sources for at least a week, as these can increase swelling.
- **Massage the area (if recommended):** In some cases, gentle massage of the treated area is encouraged to enhance the fat breakdown. Follow your provider's instructions regarding massage techniques.

In case of questions or concerns regarding your pre- or post-care regime, please do not hesitate to contact our clinic. We're here to help you achieve the best possible outcome from your fat-melting treatment.