



## **Lipo Cavitation Pre and Post Treatment Instructions**

### **Pre-Treatment Care Instructions:**

Avoid aspirin, ibuprofen, or other anti-inflammatory products 2 days prior to treatment.

Avoid caffeine the day before and the day of treatment. Caffeine dehydrates the body and can increase the risk that fat will not be cleared and removed by the body's normal elimination process.

Avoid alcohol 24 hours before the treatment. The liver is involved in the removal of fat; alcohol can cause undue stress to the liver.

Drink at least 2 liters of water the day of treatment.

Avoid eating 2 hours prior to treatment.

All metal, including jewelry, must be removed from the body prior to treatment.

### **Post-Treatment Care Instructions:**

Drink at least 2 liters of water for 2-3 days after treatment.

Avoid eating 1 hour post treatment.

Do not take a hot shower, or use hot tubs or saunas immediately after treatment.

Avoid caffeine the day after treatment.

Avoid alcohol, aspirin, ibuprofen, and other anti-inflammatory products for 2-3 days after treatment.

It is highly recommended you take a brisk walk for 20 mins after treatment to stimulate lymphatic movement and maintain a healthy diet post treatment for best results.

### **Possible side effects include:**

- Redness, bruising, swelling
- Minor pain/discomfort, headache
- Uneven fat distribution (occurs as its dissolving – this will resolve itself)

**\*\*If patient experiences any type of adverse reaction, they should call SCG Spa at 717-243-0307\*\***