

# **Fat Dissolving Aftercare Instructions**

Following a fat dissolving treatment, it is normal for clients to experience mild redness, swelling, tenderness, or sensitivity in the treated area. Some may also notice small lumps, firmness, or bruising as the body begins to break down and eliminate fat cells. These reactions are expected and typically subside within a few days to one week.

Proper aftercare is essential to support healing, promote lymphatic drainage, and enhance treatment results.

## **1. Daily Care**

Cleansing:

- Gently cleanse the treated area using mild, non-alcoholic products.
- Pat dry with a clean towel; do not rub or apply pressure.
- Avoid scrubbing, exfoliating, or using active skincare products for at least 48 hours post-treatment.

Moisturising:

- Apply a soothing, fragrance-free moisturiser or aloe-based gel to calm and hydrate the skin if needed.
- Avoid perfumed, alcohol-based, or stimulating products on the treated area.

## **2. Activity Precautions**

Avoid Heat Exposure:

- Do not use saunas, steam rooms, hot baths, or tanning beds for 48–72 hours post-treatment.
- Heat can increase swelling and irritation in the treated area.

Exercise:

- Avoid strenuous exercise for 24–48 hours following treatment to minimise inflammation.
- Light walking is encouraged to aid circulation and lymphatic drainage.

Sun Exposure:

- Avoid direct sunlight on the treated area for at least one week.
- If exposure is unavoidable, use a broad-spectrum SPF 30 or higher.

## **3. Lifestyle and Recovery Guidance**

Hydration:

- Drink plenty of water to support the body's natural detoxification and fat elimination process.
- Avoid alcohol, caffeine, and carbonated drinks for 48 hours, as these can slow lymphatic function and increase swelling.

Diet:

- Maintain a balanced, nutrient-rich diet to enhance treatment results.
- Avoid high-fat, high-sugar, and processed foods during the recovery phase.

Massage:

- Light, gentle massage may be performed after 5–7 days if recommended by your

practitioner to help stimulate lymphatic drainage.

- Avoid deep tissue massage until all swelling and tenderness have subsided.

#### 4. Expected Reactions

Clients may experience one or more of the following temporary effects:

- Redness or warmth in the treated area
- Mild to moderate swelling
- Bruising or tenderness
- Firmness or small nodules under the skin
- Temporary itching or numbness

These are normal responses as the body metabolises and eliminates fat. Reactions usually resolve within 5–10 days.

#### 5. Avoid During Recovery

- Do not apply makeup, perfumed lotions, or chemical-based products to the treated area for at least 24 hours.
- Avoid touching, pressing, or massaging the treated area unless instructed.
- Do not undergo additional aesthetic treatments (e.g., laser, chemical peels, microneedling) for at least 2 weeks.
- Avoid swimming in chlorinated or salt water for 48 hours to prevent irritation.

#### 6. Follow-Up and Monitoring

- Schedule a review appointment within 3–4 weeks to assess results and determine if further sessions are required.

- Take before-and-after photographs are taken during each visit to track progress.
- Visible results develop gradually over several weeks as fat cells are naturally broken down and expelled.

When to Contact the Clinic:

Clients should contact the practitioner immediately if they experience:

- Excessive or worsening pain
- Significant swelling lasting beyond one week
- Signs of infection (heat, pus, or spreading redness)
- Allergic reaction such as rash or shortness of breath

#### Summary

Post-treatment care is an essential part of the fat dissolving process. By following these aftercare instructions—maintaining hydration, avoiding heat and alcohol, and supporting lymphatic drainage—clients can ensure optimal results and minimise potential side effects. Consistent follow-up and adherence to practitioner guidance will promote a safe, comfortable recovery and improved body contouring outcomes