

# Aftercare Guidelines

There are very few side effects with ProMax Lipo treatments and normal activities can be resumed immediately, however we do advise the following:

## **BODY TREATMENTS - Inch Loss, Cellulite and Skin Tightening**

1. The treated area can be red or pink in colour after the treatment and this may last for a few hours. It will also feel warm to the touch during this time.
2. There are many ways for triglycerides (fat cells) to be removed from the body after treatment. One is through the urinary system and so you may notice that your urine is darker post treatment.
3. It is advisable to drink plenty of water before and after each treatment. This will encourage the removal of released fat.
4. Ensure you exercise within 72 hours of each treatment. Best results are seen in combination with diet and regular exercise.
5. Occasionally a rash can occur after Ultrasound Cavitation treatment. This should subside within a few days, however if it lasts longer than a week, please inform the clinic.
6. Blistering is very unusual, but if it does occur, contact the clinic immediately for further advice. Keep the area clean and dry and allow to heal naturally. Do not use any lotions or creams on open skin as this may increase the risk of infection. DO NOT pick grazes or blisters - as this may increase the chance of a scar occurring. Once the skin has healed, a high protection sunscreen should be used daily for 12 months to prevent pigmentation changes to the skin.
7. We advise monthly maintenance treatments to help maintain results.

## **FACIAL SKIN TIGHTENING TREATMENTS**

1. The treated area can be red or pink in colour after the treatment and this may last for a few hours. It will also feel warm to the touch during this time.
2. Bruising may occasionally occur after treatment with the vacuum suction in delicate areas, especially around the eyes. This can last up to 5 days but should resolve with no long-term effects.
3. A high protection sunscreen should be used after treatments and sun exposure should be avoided for 1 week post-treatment.
4. Make-up can be applied after several hours.
5. Immediately after treatment, contraction of your collagen fibres improve the skin's elasticity and so your skin will appear firmer. This can be temporary as the production of new collagen takes time, and best results are seen after your course of treatments (continuing for 3 to 6 months after the end of your course).
6. Blistering is very unusual, but if it does occur, contact the clinic immediately for further advice. Keep the area clean and dry and allow to heal naturally. Do not use any lotions or creams on open skin as this may increase the risk of infection. DO NOT pick grazes or blisters - as this may increase the chance of a scar occurring. Once the skin has healed, a high protection sunscreen should be used daily for 12 months to prevent pigmentation changes to the skin.
7. We advise monthly maintenance treatments to help maintain results.