

POSE

Fat Dissolving

AFTER CARE

- Maintain A Healthy Balanced Lifestyle
- Avoid Aspirin & Ibuprofen for pain as this will reduce the risk of bruising or bleeding. Paracetamol is only acceptable.
- Please Avoid Sun bed, Saunas for 48 Hours.
- Avoid Hot Showers Or Baths On The Day Of Your Treatment.
- Please Massage The Treated Area 2-5 Times ,For 4-5 Minutes A Day. **(Start on Day 3)**
- Your Normal Dailey Routine May Continue , You May Exercise As Normal. (Please be mindful that exercising may create more bruising)
- Please Avoid Alcohol / Makeup For 24 Hours.
- Avoid Exfoliants And Self Tanning Products In The Area For At Least 1 Week Until The Skin Has Fully Healed.
- To Achieve Maximum Results - Compression Pants/ Tight Leggings or Spanks Can Be Worn For 72 Hours
- It Is Recommended To Drink From 1.5 to 2 Litres Of Fluid a day.
- Apply Arnica Cream If Bruising Is Apparent.
- If You Experience Swelling- Apply A Cold Flannel Only To Bring Down Swelling. NO Ice.
- Loratadine Antihistamine tablets are great for reducing swelling. (**Speak to Pharmacist**)

MOST COMMON SIDE EFFECTS

- Swelling - 3-7 Days
- Redness - 2-4 Days
- Bruising - 7-14 Days
- Tenderness - 10 - 14 Days
- Itchiness - 1-3 Days

Please Note: Although these are common side effects which are to be expected after treatment. This does not mean every person will experience this. This is only a rough guideline, so every individual person may have experience different durations.

If for any reason you are concerned about your treatment, please contact us on any of the following :

- What's App : 07775945668
- Email : Info@poseaesthetics.com
- Social Media : - @Poseaesthetics