

PRE-TREATMENT CONSIDERATIONS

Plan for swelling and bruising that lasts for about a week after treatment (this may vary from patient to patient, however).

Avoid blood thinners (Advil/ibuprofen, Aleve, and aspirin) for 14-17 days prior to treatment. Medication such as Tylenol/acetaminophen is permitted.

Arnica Montana pills can be taken before and after treatment to minimize bruising.

IMMEDIATELY FOLLOWING TREATMENT

Intense burning occurs for the first 10 minutes

Expect numbness, swelling/fullness, redness, warmth to the touch, and bruising

Ice packs will be given to help with the discomfort

Peak swelling occurs the evening of the treatment

Ibuprofen (200-800mg) helps with the discomfort

24 HOURS AFTER TREATMENT

Swelling continues but starts to go down

Bruising is at its peak

Discomfort is almost gone and the burning sensation is completely gone

Numbness persists

Continue to use ice packs and Advil if needed

DAYS 2-5 AFTER TREATMENT

By the fifth day, bruising is diminished and swelling is almost gone

Numbness persists

The treated area feels "itchy" (from irritated nerves) off and on

The area feels "tight" with movement

Areas of hardness may appear in the treated area

POST TREATMENT CONSIDERATIONS:

A typical treatment course consists of two treatments, two months apart but can range between 1-4, with dose/treatment varying from person to person

The first treatment is typically the most uncomfortable and has the longest side effects

Once results are achieved, fat cells are permanently gone. However, without proper weight maintenance, new fat cells can grow and take their place over time.

