

## **CRYOLIPOLYSIS (FAT FREEZING) AFTERCARE**

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort and to help achieve the best possible results from treatment.

Please follow the aftercare advice for cryolipolysis (fat freezing) treatment.

- You can resume your normal daily activities after fat freezing treatment. The skin may be tender, red or swollen afterwards but this will resolve naturally.
- Drink plenty of fluids after treatment, you should aim for at least 2 liters per day.
- If the area is tender you can use simple over the counter pain killers such as paracetamol.
- Eating a healthy diet and taking regular physical exercise to help improve fat loss and limit new fat gain.
- Try to reduce alcohol and caffeine consumption to help prevent dehydration.
- Avoid sunbeds, swimming, UV light and saunas until the initial skin redness and swelling has settled.
- Try to avoid further weight gain.
- Contact your practitioner as soon as possible if you notice any unwanted side effects.
- Your practitioner will advise when further treatment appointments are required. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.