



## **POST TREATMENT INSTRUCTIONS FOR LIPODISSOLVE TREATMENT**

- ✓ As you leave the office, you will notice some swelling. It should cease within 24-48 hours.
- ✓ You will notice some swelling of the treated area as the fat cells become inflamed and the nodules harden prior to them dissolving. This is expected and it will gradually disappear.
- ✓ We recommend that you wear spandex shorts for the first 24 hours after your treatment for comfortability.
- ✓ Please drink 64 oz of water the day of the treatment and the day after the treatment.
- ✓ Avoid Aspirin, Advil, or Motrin or any other aspirin containing products for at least 3 days after the procedure. This will help minimize possible bruising. You may take Tylenol.
- ✓ You may go home or return to work and resume your daily activities. Moderate exercise can be done after 48 hours after your treatment..
- ✓ You can use Medicalia Arnica Montana Bruise Guard cream 2-3 times a day for 1 week after your treatments to reduce the potential for bruising.
- ✓ Lipodissove is dehydrating, so if you feel at all faint please eat a protein bar and drink water.

If you have any concerns about your treatment or if you are experiencing difficulties with your recovery, please contact Aspect Beauty at 818-728-0546.

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