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**Aftercare for Liposonics**

**Side Effects**

* Discomfort and pain during the treatment – Most patients experience minimal to moderate discomfort, associated with a tingly and/or heat sensation, however as we all have different levels of sensitivity, pain may be experienced. Some pulses of the treatment may be more painful or uncomfortable than others and this is normal.
* Redness – may occur and typically resolves within a few hours. Most patients can return to their regular activities immediately following treatment. There is no special care after the treatment

**Post Treatment Effects**

* Bruising – bruising is seen in around 20% of clients and typically resolves within 2 weeks. Although less common, bruising may last up to 3-4 weeks. It presents as a diffuse or patchy blue-purple discoloration and gradually fades away. It may not be seen on the treatment day and tends to take a few days to present
* Minor Swelling – could last approximately 2-3 weeks and may be uncomfortable with certain exercises such as jogging.
* Achy sensations like having completed several sit ups
* Increased bowel movements and urination due to the lymphatic system flushing the destroyed fat through your system. You may also notice a change in sweat odour for the same reason.
* Although often there is an immediate decrease in size noticeable on the tape measure and in the fit of clothes, the true result will not be fully visible until 12 weeks have passed.
* Although extremely rare, small blisters can occur on the treatment area.
* As previously mentioned, you may feel slightly tender to the touch or experience some bruising, mild, swelling aches and increased bowel movements.
* Not everyone bruises- of those that do, all varying sensitives of bruisers are possible
* You will be given a bottle of arnica oil after your treatment for you to take home, we recommend that you apply this morning and night for a week following your treatment.
* Avoid hot baths, saunas & steam rooms for 48 hours post treatment.
* Compression clothing is not necessary, however if worn, it may help increase the speed that results are seen.
* You may also increase the speed results are seen with lymphatic drainage treatment following Liposonics.
* We recommend a healthy eating and exercise plan following treatment to avoid future weight gain. Liposonics is a permanent fat destruction treatment but you will have other fat cells still equally as capable of weight gain should you continue to consume more calories than you burn.
* Remember it may take up to 12 weeks for your body to fully flush liquefied fat and broken cells from the system. You are welcome to attend a 6 week and 12-week review for re-measurement and photographs.

**If you have any concerns about your results or healing process, we recommend you call the clinic and book a free review on 01522 394618 or send photographs of the area to 07576 789261**