



# LASER LIPO - PRE & POST CARE

## PRE CARE

Avoid alcohol  
Reduce caffeine intake  
Drink plenty of water (aim for 1.5-2 litres)

## ON THE DAY OF YOUR TREATMENT

Arrive well hydrated  
Avoid heavy meals immediately before  
Wear loose, comfortable clothing  
Avoid applying heavy lotions or oils to the treatment area

## IMMEDIATELY AFTER

If a body wrap has been applied, leave on for up to 12 hours, Once removed, shower and moisturise the area  
Mild warmth or redness is normal  
Results vary depending on lifestyle and consistency  
Hydration is key to your outcome

## FIRST 72 HOURS

Drink plenty of water (minimum 2 litres daily)  
Warm water with lemon can support detoxification  
Avoid alcohol  
Keep caffeine intake low

## ONGOING ADVICE

Light cardio exercise is recommended (e.g. walking, cycling) This helps stimulate lymphatic drainage  
Combine with regular exercise  
Follow a calorie-controlled, balanced diet  
Sessions typically spaced 1 week apart