

# LIPO FREEZE AFTERCARE GUIDE



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**For 12 weeks following your Lipo Freeze treatment, you must drink at least 2 litres of water every day. This aids the 'Flushing Out' process of via your lymphatic system.**

**Maintaining a healthy diet with sensible portion sizes can only serve to ensure the dead fat cells are not replaced. Whilst the treatment offers permanent fat loss results in the area treated, it stands to reason that if you choose to live a sedentary lifestyle with poor diet choices then eventually, the fat cells destroyed by the treatment will be replaced.**

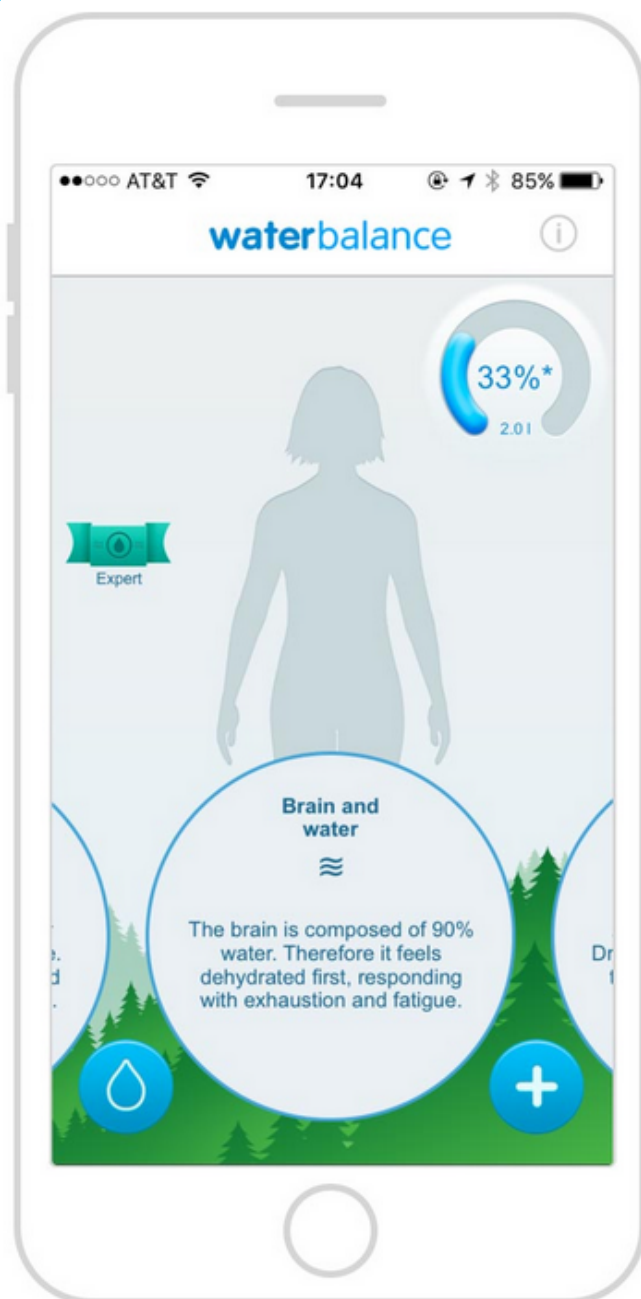
**It is advisable to at least undertake some form of light exercise 2-3 times a week. Nothing too strenuous but activities such as brisk walking, light jogging, and swimming for at least 25 mins per session will positively impact on your end results.**

**Avoid caffeine and alcohol for 24 hours following your treatment. We also recommend that your intake of caffeine and alcohol over the 12 week period is in moderation as both of these toxins dehydrate your body**

**Avoid warm/hot temperature environments such as sunbeds, steam rooms, saunas or hot tubs for 24 hours after treatment. You can however, bath or take a shower in luke warm water in the evening following your treatment.**

# GET THE APP

Why not download the water balance app from Stana at <https://stanfy.com/projects/waterbalance/>. We find this one works really well to help you track your water intake. It works on both iPhone and Android devices and even alerts you when it recognises you need to top up on your fluids.



## **SWELLING**

Slight swelling can occur in the area treated but again, this is a temporary side effect

## **BRUISING**

Mild to severe temporary bruising can occur following a lipo Freeze treatment as a result of the vacuum device used

# **COMMON SIDE EFFECTS**

## **REDNESS**

Immediately after treatment, the area can appear redened and raised but this returns to normal within a few minutes

## **NUMBNESS**

A temporary loss of sensation can occur in the area treated

# 7 USEFUL TIPS

1. Drink 2-3 litres of water daily, keep a large bottle with you at all times and infuse with lemons and limes instead of cordials.
2. Your lifestyle must change, alcohol must be kept to a minimum and junk food must not be consumed with the exception of the occasional treat day
3. Always prepare your meals in advance so you don't head to the vending machine when energy levels dip
4. Cut down on processed food and refined sugar, eat plenty of protein such as chicken, fish and eggs, and if you struggle to cut down on the carbs try to opt for healthier carbs such as sweet potato, rye bread or quinoa
5. Don't go long periods of time without eating, always eat a high protein breakfast as soon as you wake up, then try to eat healthier options every 3 hours throughout the day
6. Keep supplements basic to begin with, a good multivitamin during the day, high quality omega 3 and a magnesium in the evening before bed
7. Eat plenty of fresh leafy greens such as cabbage, spinach or kale. If you struggle to get enough greens down you, buy some powdered greens and have as a drink each day

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