



FAT - DISSOLVING AFTERCARE

- **DO** drink a minimum of **3-4L**, of water to help the body dissolve the membranes of fats in order to maximise your results
- **DO** keep showers/baths to a low heat for 12 hours post treatment to avoid excess swelling
- **DO** regularly go to the gym to help maintain and accompany by healthy eating
- **DO** use clothes compressions to help subside any swelling
- **DO NOT** exercise for 24 hours post treatment
- **DO NOT** touch the area for a minimum of 6 hours to reduce the risk of infection
- **DO NOT** use sun-beds during the healing period to avoid excess swelling

When you enhance your body, there will always be a risk of side effects. The most common being tenderness, bruising, swelling, tingling, temporarily uneven area(s) or stinging. To relieve symptoms you may be able to apply a cold compress to any uncomfortable sensation, take antihistamines for any minor swelling. Arnica can be used for bruising and paracetamol can be taken if the area(s) feel tender.

For any other problems or serious complications, you **MUST** be seen by a licensed doctor immediately. When safe to do so please also inform Pinkies so we can examine as soon as is reasonably possible.

At Pinkies we value the whole process of our clients treatments, therefore if you have any concerns, please notify us and we can advise further.

Please note, you cannot have more product administered until the area(s) has settled
(A full 21 days from treatment)

Emergency contact number 07841697779