

Radiofrequency Lipocavitation

Treatment Instructions

Prior to Your Session

- Liberal water intake
- Do not binge eat
- Do not fast
- Do not drink alcohol the night before treatment

Day of Your Session

- Do not drink caffeine or carbonated drinks 3-4 hours prior to session
- Do not eat 2 hours prior to session
- 30 minutes of aerobic exercise is **strongly** encouraged to aid in elimination of residual toxins

Post Treatment Care

- Drink plenty of water after each treatment
- Do not apply heat or engage in strenuous exercise for several hours post treatment
- Avoid alcohol, coffee, tea and carbonated drinks for at least 24 hours post treatment-the less you consume, the better your results

For Best Results:

- Follow healthy eating habits
- Avoid animal fat, butter and cheese
- Include some protein with every meal
- Increase consumption of fruits and vegetables
- Drink at least 60 ounces of water daily
- Exercise regularly

Please consult with your specialist regarding possible contraindications:

- Allergy to ultrasound gel
- Breast feeding
- Cancer (or in recovery)

- Deep bruising
- Diabetes
- Epilepsy
- Fever
- Heart conditions
- High/low blood pressure
- HIV/AIDS
- Liver Disease
- Metal implants
- Pacemaker fitted
- Poor circulation
- Pregnancy
- Recent operation(s)
- Skin disorders
- Swollen joints
- Thrombosis
- Thyroid disease or other hormonal disorders
- Varicose veins