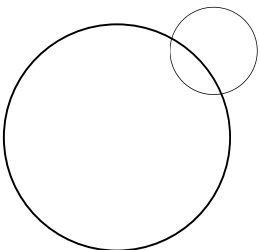




Pre-Advise Fat Dissolving Body

- Do eat pineapple, as studies suggest the bromelain naturally found in pineapple can inhibit clot formation and therefore prevent bruising.
- It is important to avoid anti-inflammatory medications (aspirin, ibuprofen, naproxen or diclofenac) for at least 5 days prior to treatment unless it is prescribed for a medical indication. Similarly, avoid alcohol for 48 hours prior to treatment as this increases the risks of bruising and bleeding. Arnica may be taken 5 days prior to treatment to lessen the risk of bruising.
- Avoid strenuous exercise the day of treatment, as this increases the heart rate and speeds up blood flow, meaning it increases your risk of bruising.
- Compression garments are strongly recommended to enhance the result and reduce swelling and bruising.
- Appropriate clothing should be worn on the day of treatment to allow modest access to the area and not be too restrictive or cause discomfort.





Pre-Advise Fat Dissolving Face

- Do eat pineapple, as studies suggest the bromelain naturally found in pineapple can inhibit clot formation and therefore prevent bruising.
- It is important to avoid anti-inflammatory medications (aspirin, ibuprofen, naproxen or diclofenac) for at least 5 days prior to treatment unless it is prescribed for a medical indication. Similarly, avoid alcohol for 48 hours prior to treatment as this increases the risks of bruising and bleeding. Arnica may be taken 5 days prior to treatment to lessen the risk of bruising.
- Avoid strenuous exercise the day of treatment, as this increases the heart rate and speeds up blood flow, meaning it increases your risk of bruising

