

*The* SKIN  
Collective

In case of emergency or if you have any concerns following this treatment please contact us.

It is important to follow the specific aftercare instructions provided to ensure the best possible healing and results. If you have any questions or concerns about the aftercare process, be sure to ask your practitioner for more guidance.



# 3D Lipo Afercare

- Drink 2-3 litres of water at least 72 hours after treatment and avoid caffeine. This will help your body flush out toxins and maximise your results.
- Avoid eating heavy meals for at least 24 hours after your treatment.
- Gentle activities like walking or stretching can help promote circulation and aid in the elimination of fat cells.
- Avoid direct sun exposure to the treated area for at least a week to prevent skin sensitivity and damage.
- Use gentle skincare products on the treated area to avoid irritation or inflammation.
- If advised, wear compression garments to support the treated area and optimise results.
- Use a mild soap and water to gently cleanse the treated area, avoiding harsh scrubbing or exfoliation.
- Avoid hot baths, saunas, or steam rooms for at least 48 hours after treatment to prevent excessive sweating and potential irritation.