

The SKIN
Collective

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



Lipofirm Afercare

- Avoid alcohol/caffeine 24 hours prior to your treatment.
- Exercising a moderate amount is beneficial.
- Avoid eating “heavy” foods for 24/48 hours post treatment and eat “clean” for at least 5 hours post treatment.
- Avoid alcohol for at least 24 hours post treatment.
- Avoid heated treatments i.e. sunbeds, saunas ect for 24 hours.
- Drink at least 2 litres of water every day for the entire course of the treatment.
- You may experience increases passing of urine it may be stronger/darker in colour.
- The healthier your body is, the better the long-term results.

Things to avoid

- Refined sugar-sweets, sweeteners, cakes, chocolate, fizzy/sugary drinks etc.
- Refined carbohydrates-potatoes, white bread, white pasta/rice.

Things to enjoy

- Still water- with lemon/limes/cucumber.
- Fruit and vegetables.
- Lean protein- fish, white meat, red meat.
- Complex carbohydrates brown bread, brown pasta/ rice, sweet potatoes.

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.