



AESTHETICS  
BY  
SALLY

**Aftercare Advice  
Fat Dissolving – DesoBody**

**Following Treatment:**

- Contentive elastic sheaths or pressure bandage over the treated area is highly recommended during the first 48 to 72 hours. This will help to ease initial pain and to reduce further swelling.
- Take paracetamol if required.
- Avoid ibuprofen, unless medically indicated.
- Avoid direct heat and severe cold.
- 3 days post treatment start massaging the treated area for 2 minutes, 3 times a day for 2-3 weeks following treatment.
- Avoid physical exercise for 4-5 days.
- Treatment can be performed 4-6 weeks apart until clinical results are obtained.
- For results maintain a healthy lifestyle with diet and exercise.

If you have any concerns please contact Sally via email:

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