

RADIO FREQUENCY / ULTRASOUND THERAPY

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Pre-Treatment Care

- If you have a history of cold sores, prophylactic antiviral therapy may be started the days before your treatment.
- Stay hydrated! Drinking plenty of water before, during and after your treatment will assist with healing. Drink NO less than 2L of water the day before treatment.
- Reduce your Caffeine intake.

Post-Treatment Care

- ****Normal activity can be resumed****
- Immediately after the treatment there may be slight redness, swelling and tenderness in the treated area. These expected side effects may last up to 2 hours, or up to 2–3 days in some cases.
- NO caffeine (tea, Coffee or coke) for at least 48 hours following your treatment.
- NO alcohol for at least 48 hours following your treatment as your liver is working to get rid of your body fat.
- Drink plenty of water to help speed up secretion of fat – no less than 2 liters.
- Avoid fatty meals directly after (ex: fried food).
- Keep the area moisturized at all times with the mild moisturizer recommended to you.
- Recommended Mineral make up may be applied after the treatment.
- A skin care programme may be prescribed to aid in achieving optimal results.
- For optimum results it is recommended to have an initial course of 4-6 treatments for face and 6-8 treatments for body with an interval of 7-14 days between each treatment session.
- To maintain results, patient must be compliant with a proper diet and increased physical activity.

Nurse Support Line to be used during out of office hours in case of Emergency:

0528 928 353