



MEDICAL AESTHETICS

BY DONNA

FACE AND BODY REJUVENATION



Post Treatment Expectations

- You may experience redness, bruising, swelling, tenderness, cramping or aching at the treatment area for approximately 2-3 weeks.
- You may feel sensations such as itching, skin sensitivity, or numbness for approximately 2-3 weeks.
- Please drink a minimum of 60 oz of water a day. This will help your lymphatic system drain the fat cells out of your body. Be cognizant of alcohol, sugars and caffeine, as these can slow lymphatic drainage. Have as little as possible for 8 weeks.
- Follow healthy eating habits.
- There are no restrictions on activity. Please exercise. Start walking if you do not already.
- You may see noticeable results as early as 4 weeks. Best results are seen between 12 and 16 weeks.
- Call or text if your symptoms worsen over time.

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