



# Body Sculpting Pre Care

## 6 months from appointment

Take your last Roaccutane, Retina, AHA, Glycolic, Doxycyclineskin or other similar medications. Don't book in any future surgeries in lead up to appointment.

## 3 months from appointment

Avoid any facial laser resurfacing and/or deep chemical peels (if booked in for RF skin tightening on the face).

Refrain from getting burns on the area (sun, wind and chemical).

## 2 weeks from appointment

Stop using skincare with active ingredients (if booked in for RF skin tightening on the face).

Start hydrating the skin as much as possible externally and internally (staying hydrated with water)

## 1 week from appointment

No IPL or laser treatments on treatment area.

## On the day

Gently exfoliate during your shower and moisturise after.

**Any concerns or queries in the lead up to your appointment  
please don't hesitate to get in touch.**



# Body Sculpting Side Effects

**These side effects may or may not happen and range from common to uncommon**

Erythema - little red dots spots that can appear after fat cavitation. Usually go away 1-1 hours after treatment

Swelling

Histamine response - e.g. hives

Feeling sluggish after Fat Cavitation

Flu like symptoms after Fat Cavitation

Bruising - should only be slight, will be more prominent if you take blood thinners

Skin redness - should subside 1 - 2 hours after treatment

Skin breakout e.g. acne, herpes after RF skin tightening

Irritated skin

Damage to the skin e.g. crush, blister, burn. After RF skin tightening

Scarring

Pain

**These side effects should subside by the following day after treatment. If they are prolonged or you are concerned please don't hesitate to contact me**



# Body Sculpting Post Care

## DO'S

- After RF Skin Tightening, apply 30+ sunscreen straight away
- Stay hydrated and drink 2 - 3 litres of water per day after Fat Cav
- Exercise and work up a sweat after Fat Cav

## DON'TS

- After RF Skin Tightening go sunbathing
- Get IPL, laser or exfoliation treatments 1 week after
- High intensity exercise, swimming or spas 24 - 48 hours after RF Skin Tightening\*

\*I understand this is contradictory to the Fat Cav post care if you receive both treatments at the same time. After RF we don't want to increase your body temp dramatically in the first 24-48 hours. But movement and low intensity exercise is perfectly fine and required for best results after Fat Cav.

**Following the Do's in the post care is imperative to achieve optimum results from your body sculpting.**

**Any concerns or queries please don't hesitate to get in touch.**