



COLORADO BODY SCULPTING & REJUVENATION CENTER

BEFORE AND AFTER CARE INSTRUCTIONS

1. Drink at least 1.5 liters (50oz) of water on the day of your treatment and another 2 liters in the day after your treatment (soft drink, soda, juice or tea is not water). This will help hydrate your body and facilitate the metabolism and elimination of lipids and glycerides that are broken down by the ultrasound treatment.
2. Massage the treatment area with your finger tips for approximately 10 minutes shortly following the procedure. This will help stimulate the metabolism of the disintegrated fat cells and further enhance the elimination of fat in the area treated.
3. Avoid alcoholic beverages and caffeine 24 hours before and after the day that you are having treatment. Consuming alcohol or caffeine will inhibit the metabolic breakdown of the disintegrated fat cell and impede the elimination of fat in the area treated.
4. Minimize /Avoid consumption of carbohydrates 24 hours before and after treatment to help the process of the elimination of fat.
5. After treatment, spend 30-45 minutes of physical activity such as running, bicycle riding, swimming or some type of muscular exercise. We do not advise you to sit in the sauna in replace of cardio. **YOU MUST DO SOME TYPE OF EXERCISE.** This will help stimulate the metabolism and elimination of the disintegrated fat cells in the treated area.
6. You should not eat 2 hours before and 1 hour after treatment.
7. The use of a waist trainer after treatment is recommended for better results.

FOLLOWING THIS PROTOCOL WILL INSURE THAT YOU ACHIEVE THE OPTIMUM RESULTS FROM YOUR ULTRASONIC CAVITATION TREATMENTS