



Ultra Body Sculpt

AFTER CARE INSTRUCTIONS

1. Drink approximately half your weight in ounces of water during the course of the day for 3 days following the procedure. This will help hydrate your body and facilitate the metabolism and elimination of the 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 1-3 days before and for 3 days (72- hours) after the day of the treatment. The metabolism of alcohol will inhibit the metabolic breakdown of the disintegrated fat cells and impede the elimination of fat in the area treated.
4. After the treatment, spend 15 to 30 minutes in any type of physical activity such as walking, bicycle riding, swimming or some type of muscular exercise for 3 days following procedure. This will help stimulate the metabolism and elimination of the disintegrated fat cells in the treated area.

Following this protocol will ensure that you achieve the optimum results from your ultrasonic cavitation and i-lipo treatment.