

venus freeze



PRE & POST CARE GUIDE

PRE-TREATMENT

- Drink ½ your weight in equivalent ounces of water daily. (i.e. 150lb person should consume 75 oz. of water each day)
- For fat/cellulite reduction treatments, do the following: (1) unless contraindicated by your regular physician, eat salty foods the night before & the day of treatment; and (2) Ingest as much of your required water as possible on the day of treatment.
- 3 days before treatment: Limit/avoid caffeine & alcohol.
- AVOID Ibuprofen & non-steroidal anti-inflammatory as much as possible during treatment series

POST-TREATMENT

- Drink ½ your weight in equivalent ounces of water daily (i.e. 150lb person should consume 75 oz. of water each day). However, for the first 3 days after treatment increase your normal daily amount by 1 liter.
- Limit caffeine & alcohol during treatment series especially if fat/cellulite reduction is being performed.
- For 30 mins. following your treatment: If fat/cellulite reduction is being performed, engage in light cardiovascular activity (i.e. brisk walk, cycle, aerobics, etc.). Continue for next 3 days.
- Maintain a healthy diet.
- If fat/cellulite reduction is being performed, gently massage areas being treated daily with moisturizer sweeping towards closest lymph nodes.
- If your skin has burned, gently clean & apply hydrocortisone cream on area several times a day for 1 week. If burn scabs or opens, use thin layer of antibiotic ointment on area after hydrocortisone cream. Contact us immediately in the case of any burns.

For complete product & safety information, visit:
www.venusconcept.com

PLEASE TURN OVER FOR POST-TREATMENT GUIDE

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