

Lipofirm Pro Pre & Post Treatment Advice

To achieve the maximum results from your treatment, we recommend the following:

Pre Treatment:

- No caffeine or alcohol on the day of your treatment
- Do not use any body scrubs 48 hours before your treatment

Post Treatment:

- Moderate exercise is beneficial
- A “clean” diet is recommended for at least 5 hours
- Drink at least 2 litres of water per day, for the entire course of treatment

Things to avoid:

- Alcohol and caffeine for 24 hours
- Heavy foods for 24-48 hours
- Refined sugars – sweets, chocolate, cakes and sweeteners.
- Refined carbohydrates – Potatoes, white bread and white pasta/rice
- Avoid fizzy and sugary drinks
- Heat treatments such as sunbeds, steam and sauna for 24 hours

Things to enjoy:

- Still water – flavour with lemon, limes, and cucumber
- Fruit and vegetables
- Lean protein – fish, white and red meat
- Complex carbohydrates – brown bread, brown pasta/rice, and sweet potatoes

The fat cells in the area have been treated and cell metabolism has been increased so for long term results it is advised to support the treatment with a healthy diet outside of the clinic.

You may experience increased passing of urine, which may also be stronger/darker in colour.

The healthier your body is, the better the long-term results.