

## **\*\*Ultrasound Fat Reduction: Pre and Post Treatment\*\***

### **\*\*Pre-Treatment:\*\***

Before undergoing ultrasound fat reduction, it's essential to have a consultation to assess whether the treatment suits your needs and body type. During this consultation, you'll discuss your target areas and desired outcomes. The technician will also evaluate your health history and may recommend specific guidelines to follow, such as staying hydrated and avoiding certain medications or alcohol for a day or two before treatment. The area to be treated should be clean and free from lotions or creams. It's recommended to wear comfortable clothing that allows access to the treatment area.

### **\*\*Post-Treatment:\*\***

After the procedure, there is typically no downtime, so you can return to your daily activities immediately. However, some individuals may experience mild redness, swelling, or bruising in the treated area, which usually resolves within a few hours to a few days. To enhance results, maintaining a healthy diet and regular exercise is recommended. Drinking plenty of water post-treatment is also advised to help flush out the destroyed fat cells naturally through the lymphatic system. You may start to see results within a few weeks, with optimal results typically appearing after several sessions.