



## Body Sculpt

### Post-Treatment Care

Your body has undergone a Body Sculpt treatment and will need gentle support as it processes and eliminates the treated fat cells. Following these guidelines will help optimize your results, support lymphatic drainage, and enhance your overall outcome.



### Days 0-2

1. **Stay well hydrated.** Drink plenty of water 24–48 hours prior to treatment
2. **Avoid alcohol** for at least 24 hours before your appointment
3. **Avoid heavy meals** immediately before treatment
4. **Wear comfortable clothing** to allow easy access to the treatment area
5. **Inform your provider** of any medical conditions or changes in health



1. **Massage the treated area** twice daily for 5–10 minutes to support lymphatic drainage
2. **Increase water intake** to help flush out damaged fat cells
3. **Resume normal activities** immediately, as there is no required downtime
4. **Apply cool compresses if needed** to reduce tenderness or redness
5. **Use Tylenol if necessary** for discomfort (avoid NSAIDs if possible)

### Contact Us if you Experience

- ! **Severe pain** that worsens after treatment
- ! **Skin turning pale**, white, purple, or blotchy
- ! **Vision changes** or blurred vision
- ! **Skin blistering** or ulceration
- ! Extreme swelling

**Please note:**

Healing rates vary by individual. If you have any questions or concerns please contact our office



845-825-3362