

Following your Lemon Bottle fat dissolving treatment, it is important to adhere to the following aftercare instructions to facilitate healing, minimise any side effects, and optimise results.

- **Rest and Hydrate:** Rest is crucial after the treatment. Drink plenty of water to assist your body in the fat elimination process.
- **Avoid Strenuous Exercise:** Avoid strenuous exercise or activities for the first 24-48 hours following treatment. Light walking is acceptable.
- **No Heat Exposure:** Avoid direct sun exposure, hot baths, saunas, and steam rooms for at least 48 hours after the treatment.
- **Wear Comfortable Clothing:** Wear loose, comfortable clothing to avoid putting pressure on the treated areas.
- **Avoid Alcohol and Caffeine:** Both alcohol and caffeine can dehydrate you and slow down the fat elimination process. Avoid them for at least 24 hours after the treatment.
- **Massage the Area:** Gentle massage of the treated area can help distribute the solution and expedite the fat dissolution process. Follow your practitioner's advice on this.
- **Report Concerns:** If you experience any unusual symptoms or complications, such as severe pain, heavy swelling, or signs of infection, contact your practitioner immediately.

Remember, individual results can vary and multiple treatments may be necessary to achieve desired results.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.