

FAT DISSOLVING

Pre-Treatment Guidelines

- **Blood Thinners:** Discontinue the use of aspirin, ibuprofen, vitamin E, and fish oil 3 to 5 days prior to treatment, unless otherwise directed by your physician or nurse practitioner.
- **Alcohol Consumption:** Abstain from alcohol for 24 hours before treatment to minimize the risk of bruising.
- **Hydration:** Ensure proper hydration by drinking sufficient water before your appointment.
- **Smoking:** Refrain from smoking for at least 24 hours before treatment.
- **Skin Care Products:** Cease the use of retinoids and other active skincare products 2 to 3 days before treatment.
- **Treatment Eligibility:** Treatment should not proceed if you are pregnant, breastfeeding, or have any active infections in the treatment area.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**