



The Secret Garden
BOUTIQUE SKIN CLINIC
WINCHESTER

Fat Dissolving Aftercare

Immediately after treatment with fat dissolving you may notice some redness (rash like appearance), itchiness, swelling, and tenderness in the treated area.

These symptoms generally improve significantly over the next few days.

Mild swelling can last for a few weeks in, but the majority of it has usually settled after around 3 days.

- Drink at least 2-3 litres of water per day to help break down the fat deposits and flush out.
- Use regular cold compresses in the first day. The pain sensation will last a few hours.
- If area feels hot and itchy then antihistamine can be taken.
- Avoid strenuous exercise for 48 hours
- Pain relief such as paracetamol may be taken to ease any discomfort.
- Do not massage the area
- Avoid alcohol for 24 hours
- Do not use active products, including AHA, Retinols, Vitamin C etc
- Makeup can be applied 24 hours after procedure

POSSIBLE SIDE EFFECTS

It's not unusual to experience some mild side effects:

- Bruising is possible
- Swelling is usual and can be intense in the first few days
- If you feel unwell or are concerned about any aspect of your treatment, please contact us on 01962 277007

Enhance your beauty Revitalize your soul