

*The Skin Collective*

SKIN SKINHANCE NEOSKIN SKINDEEP

# Lipofirm Aftercare

## **IN CASE OF EMERGENCY**

IF YOU HAVE ANY CONCERNS FOLLOWING THIS  
TREATMENT PLEASE CONTACT US.

Call 07770777080

## Lipofirm Aftercare

- Avoid alcohol/caffeine 24 hours prior to your treatment.
- Exercising a moderate amount is beneficial.
- Avoid eating "heavy" foods for 24/48 hours post treatment and eat "clean" for at least 5 hours post treatment.
- Avoid alcohol for AT LEAST 24 hours post treatment.
- Avoid heated treatments i.e. sunbeds, saunas ect for 24 hours.
- Drink at least 2L of water every day for the entire course of the treatment.
- You may experience increases passing of urine- it may be stronger/darker in colour.
- The healthier your body is, the better the long-term results.

### Things to avoid

- Refined sugar-sweets, sweeteners, cakes, chocolate, fizzy/sugary drinks etc
- Refined carbohydrates-potatoes, white bread, white pasta/rice.

### Things to enjoy

- Still water- with lemon/limes/cucumber
- Fruit and vegetables
- Lean protein- fish, white meat, red meat
- Complex carbohydrates- brown bread, brown pasta/ rice, sweet potatoes

# Other Treatments Include

Anti-Wrinkle Injections

Dermal Fillers

Lip Augmentation/Correction

Mesotherapy

Cryotherapy

Picosure Laser Tattoo Removal

Laser Skin Resurfacing/Acne/Scarring

Chemical Peels

Pellevé RF Skin Tightning

Aqualyx Fat Dissolving Injections

PRP ( Platelet Rich Plasma ) Therapy

Vampire Facelifts

PDO Thread Lifting

Plasma BT Surgical

Plasma Shower

Dermaplaning

Silhouette Soft Facial Lifting

Removal of Warts, Skin Tags, Milia and other skin traumas

Microdermabrasion

And much much more....