

# AFTERCARE

Lemon Bottle Fat Dissolving Injections work by breaking down and eliminating fat cells in the targeted area, leading to a slimmer, more toned appearance.



This is not a weight loss treatment or an alternative to diet and exercise; but Lemon Bottle injections are very helpful in refining body shape by tackling those areas that are stubborn to get rid of.

Following your treatment, we recommend that:

- You drink plenty of water and continue daily to drink 2-3 litres
- Avoid a late-night meal on the day of your treatment
- You lightly massage the area frequently for a few days to aid the cell break down
- Avoid sun beds for 1 week following treatment
- Take part in light exercise

Be prepared for:

- Some light bruising although this varies from person to person
- Some slight tenderness in the area of the injections
- Some swelling in the treated area
- Please note your urine may appear yellow after treatment

It is recommended that for best results that you repeat your treatment every 7 to 10 days. It is suggested you have 3 to 5 sessions for best results and continue to eat a healthy and balanced diet whilst taking part in light exercise.

If you have any concerns following treatment, do not hesitate to contact us on 07907 005255. If this is outside of normal hours, please leave a message and we will normally get straight back to you.

