



Fat Reduction Treatments – After Care Instructions

Kayla Medical Center

Al Warqa 1, Dubai

+971 52 442 9032 | +971 56 504 2107

Why After Care Is Important

Proper after-care after fat reduction treatments helps improve results, reduce swelling, and support the body's natural fat elimination process.

First 24 Hours – Important Instructions

- Mild swelling, redness, or tenderness is normal after treatment.
- Avoid touching, pressing, or massaging the treated area unless advised by your doctor.
- Avoid heavy physical activity or exercise.
- Wear compression garments if prescribed.
- Drink plenty of water to support fat metabolism.

What to Avoid for 48–72 Hours

- Avoid alcohol and smoking if possible.
- Avoid sauna, steam, hot baths, or swimming.
- Avoid intense workouts or heavy lifting.
- Do not apply heat packs or ice unless advised.

Daily Care & Lifestyle Tips

- Maintain a healthy diet with reduced sugar and fatty foods.
- Stay hydrated throughout the day.
- Light walking is encouraged after 24 hours.
- Follow the treatment plan recommended by your doctor.

Normal Side Effects

- Swelling, bruising, or firmness in the treated area.
- Mild pain or tenderness.
- Temporary numbness or tight feeling.

Follow-Up

For best results, attend all scheduled sessions and follow your doctor's instructions carefully.

Patient Signature: _____

Date: _____

