

# Avalon Laser

## VELASHAPE AFTERCARE INSTRUCTIONS

- After treatment, you may feel a warmth sensation on the treated area for up to 3 hours. In some cases, mild redness and slightly swollen skin may be observed. This is temporary. Your skin may feel tighter and smoother after each treatment.
- Thigh circumference and/or cellulite reduction may show improvement after 2-3 sessions, however 4-6 treatments will likely show the best results. Ideally, these should be spaced one week apart. Touch-up treatments every 3-4 months can help maintain results.
- It is possible to have some mild bruising. This can last for a couple of days. Avoid aspirin and other NSAID medications [such as ibuprofen (Motrin), Naprosyn (Aleve), etc.] or alcohol for 4-5 days following your procedure to prevent excess bruising. Tylenol is ok.
- Drink plenty of water to help flush broken down fat cells from your lymph system.
- Results will last longer if you follow a balanced diet and exercise regularly. However, refrain from intense exercise, Jacuzzis or saunas for at least 5 days after treatment. Just as with other laser procedures, it is imperative that you avoid direct sun light or UV exposure for at least 7 days following your procedure.
- Maintaining a regular exercise regimen and a proper diet is essential to reduce fat deposits and is the cornerstone of good health. Keep your diet low in 'unhealthy' carbs as well as saturated fats, which are much harder for the body to metabolize and which are more likely to be stored in the body. Always consult with your own physician before beginning a new diet or exercise regimen.
- Healthy carbs reduce insulin surges after meals (and fat storage) and include the following: whole-grain cereals, high-bran foods, beans, soups, oatmeal, fruits, vegetables (celery, spinach, tomatoes, broccoli, sweet potatoes, lettuce corn, carrots, cucumber), granola, mushrooms, whole-wheat tortillas, rice cakes.
- Healthy fats can be metabolized by the body and include: avocados, peanut butter, almonds and nuts, low-fat cottage cheese, omega-3 oils (salmon, trout).
- It is important to keep good sources of protein in your diet. These include turkey, chicken, lean meats fish, and egg whites.
- Reducing sugar and saturated fats in your diet (ie. chips, fries, candy, cakes, sweets, fast foods, desserts) will do wonders for your body - and your health.

**We ask clients that they provide at least a 24 hour notice before any changes or cancellations to scheduled appointments in order to avoid incurring a cancellation fee or forfeiture of service.**