

## **Cryo T Shock Post Treatment**

Now that you've undergone a fat freezing or cellulite reduction treatment it's very important to perform one of the following immediately after the treatment to optimize your results and keep your lymphatic system flowing smoothly:

- Use compression sleeves for 20-30 minutes;
- Perform a vigorous 30 minute workout, or:
- Have the treated area massaged.

You may experience some slight swelling, pins and needles or numbness in the treated area for several hours following this treatment. These are all common side effects which will subside within 24 hours. Slight itchiness of the treated area and increased urination for 24-48 hours is also common. These are both symptoms of fat cell die off. These symptoms too will subside.

Please call the front desk with any questions.