FAQs

# NON-SURGICAL FAT REDUCTION & BODY SHAPING LASER

1. **What is Laser for Non-Surgical Fat Reduction & Body Shaping?**

A promising novel approach that offers non-invasive fat reduction, body shaping & contouring and even cellulite reduction.

1. **How does Laser for Non-Surgical Fat Reduction & Body Shaping work?**

Laser emits low-level energy that creates signals for the natural fat burning process, encouraging the release of fat and its conversion to energy.

1. **Is the treatment painful? Is it safe? How long will the treatment take?**

Laser for Non-Surgical Fat Reduction & Body Shaping is very much safe where only tolerable warmth is felt. Each treatment section takes for about 10 minutes.

1. **How many treatments I need before I see results and how long will it stay?**

Results are generally seen after 4-6 treatments. Non-Surgical Fat Reduction & Body Shaping Laser is recommended for 8 treatments in 4 weeks.

1. **What to do before/after the treatment?**

**Pre-Instructions:**

* Wear your compression garment as instructed by your clinician.
* You should not have any deep tissue massage for 48 hours following each treatment.
* You should not tan or use any tanning products or have prolonged unprotected sun exposure during the course of your treatment.
* You should not participate in any contact sports for 48 hours after treatment.
* You should not use any icepacks or heating pads for at least 48 hours following the treatment. If your skin feels warm and you have redness lasting longer than 30 minutes, you can apply cool compress, but not icepacks to affected area.
* Do not use Jacuzzi/spa for at least 48 hours following each treatment.
* You should drink plenty of water, 64 ounces daily to optimize your hydration and your skin health.
* Avoid carbohydrate rich foods such as juices, candies, breads, potato fries and rice.

**Post-Instructions:**

* Arrive at your appointment well hydrated. Ideally, you should drink 64 oz. of water each day for 2 days prior to and the day of your treatment.
* Wear comfortable clothing on the day of your treatment.
* Do not eat a high carb meal 2 hours before treatment. Avoid severe restriction of calorie intake.
* The areas to be treated should be clean.
* Avoid waxing or other procedures that irritate the skin 4 days before treatment.
* Unless prescribed by the doctor, avoid NSAIDS (aspirin, panadol, ibuprofen) for 24 hours prior to treatments as this can increase the risk of bruising.