

Post-Care Instructions Physiq Body Contouring

After the treatment, you should:

- Avoid strenuous exercise and activities that may cause sweating for at least 48 hours. A walk or light exercise is beneficial post-treatment.
- No heat exposure, hot tubs, saunas, steam, or hot showers should be avoided for 2-3 days after treatment.
- Drink plenty of water to stay hydrated.
- Limit your alcohol intake, especially with lots of sugar.
- You may have some mild muscle tenderness that can last 1-5 days.
- Massage the treatment area with lotion twice daily during the treatment period for optimal outcomes.
- Patients should massage the treatment area with lotion twice daily for optimal outcomes.
- Avoid prolonged sun exposure and tanning for at least two weeks after the treatment.
- Apply Sunscreen with an SPF of at least 50 and avoid any direct sunlight in the treatment area.

Exactly How Much Fat Can I Expect to Lose?

With each treatment session, you can expect to lose **between 20% and 80%** of the fat cells that currently exist in each treatment region.

Where does the fat go when you do body contouring?

Physiq RF for body contouring, causes fat cells to rupture and collapse without the risk of harming surrounding tissue. Once dead, **fat cells are expelled via the liver** thanks to your body's natural metabolic process. As fat leaves your body, you'll see a gradual improvement in your body's contour.

What does EMS do?

Muscle toning, prevent muscle atrophy, relaxation of muscle spasms, increase local blood circulation, and maintain, or increase range of motion.

What does alcohol do if you drink during Physiq body contouring?

Drinking alcohol can also impair the liver's ability to metabolize and eliminate the destroyed fat cells, which can negatively impact the treatment's effectiveness. Moreover, alcohol can cause inflammation and delay the healing process, potentially leading to longer recovery times.