Abi Cole
AESTHETICS

WEIGHT LOSS

TIRZEPATIDE (MOUNJARO)

AFTERCARE GUIDE

Following the right aftercare helps you get the best results, minimise side effects and support your overall health while using Tirzepatide.

Consistency with your treatment plan, nutrition, hydration and lifestyle habits is key to safe and effective weight loss.



STAY CONSISTENT

Take your medication as prescribed and attend all follow-up appointments to monitor your progress and adjust your dose if needed.

WHAT TO EXPECT

GRADUAL WEIGHT LOSS

Healthy weight loss is gradual and sustainable. Results vary from person to person.

POSSIBLE SIDE EFFECTS

Nause, reduced appetites, bloating constipation, diarrhoea or fatigue may occur, especially in the first few weeks.

APPETITE CHANGES

You may feel fuller for longer and experience a reduced appetite.

BETTER HABITS

This treatment works best when combined with a balanced diet, regular activity and good hydration.

AFTERCARE INSTRUCTIONS

STAY HYDRATED

Drink plenty of water before and after each day to support digestion and overall wellbeing.

TAKE AS ADVISED

Take your tirzepatide on the same day each week as advised by your practitioner. Do not skip doses.

EAT WELL

Choose high-protein, nutrient-dense meals. Eat smaller portions and avoid high fat, fried or sugary foods.

MANAGE SIDE EFFECTS

Eat slowly, avoid lying down after meals and stop eating when you feel full. These simple steps can help reduce side effects.

STAY ACTIVE

Engage in regular physical activity to support weight loss, maintain muscle mass and boost mood.

KEEP IN TOUCH

Report any persistent or severe side effects to your practitioner. Regular reviews ensure your safety and results.

HELPFUL TIPS

- Eat smaller, frequent meals.
- Avoid skipping meals.
- Limit alcohol intake.
- Focus on lean meat, vegetables and whole foods.
- Get enough sleep (7–8 hours).
- Manage stress levels.
- Track your progress - not just the scale, but how you feel.

Small consistent habits create long lasting results.

POSSIBLE SIDE EFFECTS

Common side effects may include:

- Nausea
- Bloating
- Reduced appetite
- Constipation
- Diarrhoea
- Fatigue

These are usually mild and improve as your body adjusts. Contact your practitioner if symptoms are sever or persistent.

WHEN TO CONTACT US

Contact us immediately if you experience:

- Severe or persistant vomiting
- Severe abdominal pain
- Signs of dehydration
- Persistent diarrhoea
- Low blood sugar symptoms (shaking, sweating, confusion)
- Any other unusual or concerning symptoms

Your safety is our priority. We're here to support you every step of the way.

IMPORTANT REMINDERS

Attend all scheduled appointments

Follow instructions provided by your practitioner

WE'RE HERE TO HELP

If you have any questions or concerns about your aftercare, please contact us.

0906 813 7590

info@abicoleaesthetics.com

This guide is intended as general client information and does not replace personalised advide from your qualified practitioner.