Abi Cole
AESTHETICS

FAT DISSOLVING INJECTIONS



AFTERCARE GUIDE

Following the correct aftercare helps to maximise your results and reduce the risk of side effects.

If you have any concerns or experience unusual symptoms, please contact the clinic.

WHAT TO EXPECT

Swelling, redness, tenderness, bruising or firmness in the treated area is normal.

These effects usually settle within a few days.

You may start to see results in 2-4 weeks, with optimal results visible after multiple sessions.

Everyone responds differently – your practitioner will advise on your personalised plan.

Stay patient and follow the instructions below for the best possible outcome.

AFTERCARE INSTRUCTIONS

STAY HYDRATED
Drink plenty of water to help your body flush out the dissolved fat cells and toxins.

KEEP ACTIVE
Light activity such as walking is recommended to help lymphatic drainage and improve circulation.

EAT HEALTHY
Maintain a balanced diet and avoid high fat, sugary and processed foods to support your results.

AVOID ALCOHOL
Avoid alcohol for 24-48 hours after your treatment as it can increase swelling and bruising.

AVOID INTENSE EXERCISE
Avoid strenuous exercise and heavy lifting for 48 hours post-treatment.

AVOID HEAT EXPOSURE
Avoid saunas, steam rooms, hot baths and excessive sun exposure for 48 hours.

DO NOT MASSAGE THE AREA
Do not massage or apply pressure to the treated area unless advised by your practitioner.

SKINCARE & COSMETICS
Avoid applying makeup, lotions or harsh skincare products to the treated area for 24 hours.

LIFESTYLE TIPS FOR BEST RESULTS

- Eat clean, nutritious meals
- Drink 2-3 litres of water daily
- Get enough sleep
- Manage stress
- Follow your treatment plan
- Attend all recommended sessions



WHEN TO CONTACT US

Contact us if you experience:

- Severe pain
- Excessive swelling
- Heat, redness or signs of infection
- Allergic reaction
- Numbness or changes in skin colour
- Any other unusual or concerning symptoms

We are here to support you every step of the way on your journey.

WE'RE HERE TO HELP

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

WhatsApp / Phone: 0906 813 7590

Email: info@abicoleaesthetics.com

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