

Lemon bottle aftercare

Swelling and bruising are normal and can reside for several days post treatment.
The skin may feel tender to touch.

Avoid sunbeds, heat, sun exposure, sauna, steam rooms, swimming,
hot and extreme cold showers.

There may be itching, stinging, redness or warmth in the treatment area post treatment.

Do not apply fake tan or make up to the areas been injected for 24 hours.

Drink plenty of water to help the body remove the excess waste.
We recommend 3 litres a day.

A healthy diet and light exercise should be maintained throughout the course of treatment.
For pain relief use paracetamol, No ibuprofen for 48 hours.

No exercise 48 hours

Massaging Arnica gel into the treated area 3-4 times a day can also help with
bruising and swelling, as can a compression garment.

Do not wash the area or take a hot shower for 8 hours after the treatment.