**FAT REDUCTION POST TREATMENT INSTRUCTIONS**

**YOU MAY HAVE SOME MILD REDNESS TO AREA THAT WAS TREATED THIS IS NORMAL**

**IT IS IMPORTANT TO DRINK MORE THAN 48 OUNCES OF WATER DAILY AS HYDRATION IS THE KEY TO FLUSHING OUT ALL OF THE FATS RELEASED AFTER TREATMENT**

**IT IS ALSO IMPORTANT TO WALK DAILY AND ESPECIALLY AFTER TREATMENTS.**

**FOR BEST RESULTS THE TREATMENTS SHOULD BE DONE EVERY 3 TO 7 DAYS FOR 6 TREATMENTS.**

**A FASCIA ROLLER USED DAILY ON TREATED AREA CAN ALSO HELP TO IMPROVE AND PROMOTE FURTHER FAT REDUCTION.**

**IN 1 TO 3 SESSIONS, YOU SHOULD NOTICE A MEASURABLE DIFFERENCE IN FAT REDUCTION**

**IN 3 TO 6 SESSIONS, YOU SHOULD NOTICE A VISABLE DIFFERENCE IN FAT REDUCTION.**