



## Pre and Post I-Lipo Xcell Treatment Instructions

### Pre-Treatment Recommendations:

1. **Avoid fasting** or the body will go into starvation mode and will be more resistant to release the stored fat.
2. Avoid heavy meals within 2 hours **before and after** treatment to allow your body to burn the freed fatty acids rather than providing other sources of fuel.
3. **Avoid alcohol 1-2 days prior to your treatment** as it can impair your body's ability to release the targeted fat.
4. **Avoid coffee, tea or other carbonated beverages** before your treatment as these by cause bloating. Good hydration is vital to proper lymphatic drainage during the procedure.
5. Wear comfortable clothing that allows access to the body part being treated.
6. Take into consideration treatment around menstruation bloating will have an impact on progress measurements.

### Post Treatment Recommendations:

1. **Stay hydrated** this will assist the body in moving the released fat through the lymphatic system.
2. **Exercise is ESSENTIAL!** Following the treatment to metabolize fatty acids that are released; plan on one hour of cardio and/or strength training. You must burn approximately 400 calories within 4 hours to metabolize the fatty acids. To achieve optimal results exercise within 1-2 hours post treatment as this is the "peak" of fatty acid burn.
3. **Eat sensibly;** your follow up appointments will contain nutritional guidelines to follow.

If exercising cannot be achieved post treatment the triglycerides will return to the fat cell you may experience mild indigestion and/or nausea.