



Instructions & Rules

Treatment Rules

- a. Women are asked to **wear bikini**-style bathing suits.
- b. Prior to each session, have your patients **remove creams**, oil or make-up over areas to be treated.

General Rules

1. Before and after **pictures will be taken on visits 1, 6, 12 and 20.**
2. Typically **it will take 12 sessions** for significant and long-lasting results.
3. Patients must **keep their appointments** and make up any that they miss. This type of therapy is cumulative and consistency is important.
4. It is recommended that you **come every other day** to allow your liver time to process the extra fat.
5. You should take a supplement to **support your liver.** Contact a staff member if you need assistance with this.
6. Make sure you **drink plenty of water** before and after your treatments. You need to drink around 8 glasses of water per day to help flush the fat from your system.
7. There should be **no food** 1-2 hours before or after their appointments.
8. Some form of **exercise** for at least 10 minutes must follow each treatment to stimulate circulation and help process the fat that has been released.
9. Try to **reduce your overall caloric intake** while limiting starchy carbohydrates and simple sugars.
10. **Little or No alcohol** during the treatment process. Alcohol affects the liver and turns into fat which will work against this treatment, lessening the results.