

Fat Dissolving Injections – Before & Aftercare

Before Your Treatment

Avoid alcohol, caffeine, and anti-inflammatory medications (e.g., ibuprofen, aspirin) (Unless medically indicated).

Avoid blood thinning supplements such as fish oil, vitamin E, or garlic tablets for 3–5 days before treatment (unless medically indicated).

Avoid undergoing other cosmetic treatments in the same area for at least 2 weeks prior.

Do not schedule treatment just before a big event due to expected swelling or bruising.

Eat a light meal and stay well hydrated on the day of your treatment.

Arrive with clean skin – no creams, makeup, or lotions on the treatment area.

After Your Treatment

Swelling, redness, tenderness, and bruising are common and may last up to 7–10 days.

Apply a cold compress intermittently during the first 24 hours to reduce swelling.

Do not massage or apply pressure to the area unless specifically advised by your practitioner.

Avoid strenuous exercise, alcohol, and heat exposure (sunbeds, saunas, hot showers) for 48 hours.

Sleep with your head elevated if treated in the chin or jaw area to minimise swelling.

Avoid applying makeup or skincare to the treated area for at least 24 hours.

What to Expect

The treated area may feel firm or lumpy for a few days – this is normal and part of the process.

Mild numbness or itchiness can occur but should subside within a few days.

Visible results typically develop over 4–6 weeks as the body metabolises the fat.

A course of treatments may be needed depending on the area and desired result.

When to Contact Us

If you notice signs of infection (increased pain, heat, redness, pus, or fever).

If you experience severe pain, difficulty swallowing or breathing (for chin area), or skin changes.

Contact us with any concerns, no matter how small.

Follow-Up

Treatments are spaced 4–6 weeks apart.

Most patients require 2–4 sessions for optimal results.

Emergency Contact

If you experience any concerns outside of clinic hours, please contact: 07747 835321