

**cooltech**  
D E F I N E

Post-treatment Care

DEFINE

1. Avoid: physical activities that involved trauma, sun exposure on the treated area. If necessary, use sunscreen that is at least SPF 50: like any other cosmetic procedure that involves the skin and requires time to recuperate, exposure to direct sunlight must be avoided until the recovery process is complete.
2. Avoid: long distance travel, wearing tight or uncomfortable clothes: a certain degree of edema is unavoidable, so we need to ensure that the natural recovery process is not impeded. The goal is to restore blood circulation so the edematous inflammatory process can subside. **Avoid spas, sauna, and similar activities.**
3. It is recommended that some form of post-treatment massage is performed on the area: use compression or self-massage on the area for at least the first 3-7 days following the treatment. If it can be tolerated, you may apply aloe vera gel, oil emulsions or moisturisers on the treated area when massaging. We suggest the use of body shapers (e.g. spanx, compression tights) as an exceptional option, especially for double HP treatment.
4. If hematomas appear, allow them to reabsorb naturally; do not apply cold compresses or lotions intended to assist with reabsorption.
5. If required, as long as NO neuralgic pain is present, you may take the same painkillers you use to relieve common pains (non-steroidal anti-inflammatories only).
6. If the intensity of the symptoms increases or if they continue for a prolonged period without a reduction in intensity, consult your doctor.