



## **POST-TREATMENT CARE**

After Dalyance treatment, the treated area(s) may feel warm, tingly, itchy or slightly sensitive for up to 24 hours.

If patients experience itching post treatment they may take anti-histamine medication.

Note: The length of redness or sensitivity varies from patients to patients.

The following post-treatment care should be followed to achieve the best results from Dalyance treatments.

- Drink 1.5L of water prior to and following your treatment. Stagger 2L intake of water over 24 hours for three days post-treatment.
- Maintaining a low calorie, low carbohydrate, low fat and low sugar diet for 24 hours pre-treatment and three days post treatment.
- A minimum of 20 minutes of elevated heart rate cardio exercise is required post-treatment. This is best to be done immediately after the treatment and for three days following.
- Do not drink ANY alcohol or caffeinated drinks in the day of treatment and 48 hours after.
- Avoid hot showers, baths, saunas for 24 hours.
- Avoid sunbathing, direct exposure to sunlight and tanning for 48 hours.
- Avoid scratching or picking the treated area(s).
- Refrain from applying any lotions to the treated area for 24 hours.