

Post Care

# FlexSure

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## Post- Treatment

- You may experience tenderness, mild swelling, discomfort, tissue firmness, or nodules in the treated area
- If nodules occur, they typically last up to 6 months and will spontaneously resolve without medical intervention
- Gently massage the treated area twice a day for 3-5 minutes for a week post-treatment to assist the lymphatic flow
- Consider lymphatic massages as that will help increase the transport of destroyed fat cells away from the treated area.
- Contact our office if you develop blisters, rashes, hardness under the skin, or any skin reactions on the treated areas.
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## For the best results:

- Drink 8-10 8oz glasses of water daily
- Exercise for at least 30 minutes, 5 times a week
- Avoid refined carbohydrates and sugars and consume a diet high in fresh vegetables, fruits and lean proteins
- Consider dry brushing or lymphatic massage sessions to promote faster elimination of destroyed fat cells from the treated area