

Treatment Guide

Before and after each i-Lipo treatment session there are some basic recommendations which when followed will maximize your results, achieve your goals and promote a healthier lifestyle.

Pre Treatment

- Wear appropriate clothing either loose fitting or gym wear.
- Do not eat a heavy (carbohydrate or fat rich) meal within two (2) hours of your session
- Avoid severe restriction of calorie intake- body will go into starvation mode
- Keep well hydrated as this will help support lymphatic drainage
- Avoid caffeine or fizzy carbonated drinks as this may cause bloating
- Avoid lotions and tanning before treatments

Maintenance

Once you have achieved your goal with i-Lipo treatment it is important to maintain these results by following a healthy lifestyle of exercise and balanced diet.

Treatment Schedule

- 8 Sessions, 20minutes each
- Treatment 2x/week
- Exercise performed as soon as possible after treatment

Post Treatment

- i-Lipo is a safe, painless and effective treatment, meaning you can return to normal to normal activity immediately.
- Increased physical activity is recommended either immediately or within two hours of treatment to help 'burn off' released fat cell contents. Ideally a session in the gym, however a brisk walk is also good.
- Do not eat a heavy meal after your session. A light meal, low in carbohydrates and fats is recommended.
- Keep well hydrated throughout the day.

CONTRAINDICATIONS:

Pregnancy- Epilepsy- Thyroid Gland Dysfunction- Uncontrolled Hypertension- Cardiac Arrhythmias or Heart Disease- Pacemakers
Recent or Current History of Cancer, or actively undergoing Radiation or Chemotherapy- Liver/Kidney Disease- Photosensitivity to 650-660nm of light- Immuno-suppressed disorders- Diabetic: Insulin (50/50 Type 2 Diabetic)

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