

## Mesotherapy/Lipodissolve

### Pre-Treatment Instructions

We recommend a few simple nutrition guidelines both pre-procedure. They can make the difference between a good result and a fantastic one. Please carefully read and follow these instructions before your Mesotherapy/Lipodissolve treatments.

**One week before:** Discontinue aspirin, NSAIDS, corticosteroids, ginkgo biloba, garlic, coenzyme Q10, flax oil, cod liver oil, vitamin A, vitamin E, and any other essential fatty acids.

**24 to 48 hours before:** Exclude Niacin, high-sodium foods, high sugar foods, refined carbohydrates (*you may eat fruit*), avoid foods with added sugar, fructose, corn syrup, spicy foods, caffeine, alcohol, cigarettes.

**The day of treatment:** Eat a full breakfast or lunch depending on the time of treatment. Include a moderate amount of protein with meal and 30 – 40 minutes prior to your visit. Avoid refined sugar, caffeine and carbohydrates. Suggested protein: eggs, cheese, meat, fish or whey protein shake.

Occasionally, patients will experience nausea from one of the solutions used and the protein helps prevent the nausea.

1. Drink plenty of water and avoid caffeine.
2. If you are being treated for cellulite, please wear a black G-string or thong. The black color accentuates the cellulite making it easier to see.
3. Please try to wear no make-up (*if having facial procedure*).

Should you have any questions regarding Mesotherapy or Lipodissolve or preparation for your treatment, please feel free to call our office and we will be happy to assist you.