

Acoustic Wave Therapy (AWT) Aftercare Instructions

ACOUSTIC WAVE THERAPY (AWT) AFTERCARE INSTRUCTIONS

Thank you for choosing Acoustic Wave Therapy (AWT), a non-invasive treatment designed to improve circulation, reduce cellulite, and enhance skin texture. Proper aftercare is essential to ensure optimal results, support healing, and minimise complications.

Immediately After Treatment - Normal Reactions: Mild redness, warmth, or tenderness in the treated area is normal and usually resolves within a few hours. Temporary tingling or mild soreness may occur. Slight bruising can appear in sensitive areas and should resolve naturally.

Avoid Touching: Do not rub or press excessively on the treated area immediately after treatment. Keep the area clean and hydrated.

First 24-48 Hours - Hydration: Drink plenty of water to support lymphatic drainage and promote circulation. **Activity:** Light exercise such as walking is encouraged to enhance results. Avoid strenuous or high-impact activity if you feel discomfort.

Skin Care: Apply a gentle, fragrance-free moisturiser to the treated area. Avoid scrubs, chemical peels, or harsh skincare products.

First Week - Observation: Mild redness, swelling, or tenderness may persist for 1-2 days. Minor bruising or temporary firmness in the treated area may occur. **Lifestyle & Diet:** Maintain a healthy diet to support overall results. Avoid excessive alcohol and high-fat meals immediately after treatment.

Exercise: Continue light to moderate exercise to optimise treatment outcomes.

First Month - Results: Gradual improvements in skin texture, firmness, and reduction of cellulite may be observed over several weeks. Multiple sessions may be required depending on your treatment plan. **Continued Care:** Maintain hydration, balanced nutrition, and regular physical activity. Avoid aggressive treatments on the treated area until cleared by your provider.

When to Contact Us - Contact your provider immediately if you experience: Severe or persistent pain, swelling, or redness. Signs of infection such as pus, warmth, or fever. Any unusual or concerning skin reactions.

Long-Term Care: Maintain a healthy lifestyle including balanced nutrition and regular exercise. Continue gentle moisturising of the treated area. Attend follow-up appointments for monitoring and additional sessions if recommended.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT CONFIRMATION

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.