

JuVaShape Aftercare Instructions

JUVASHAPE AFTERCARE INSTRUCTIONS

Thank you for choosing JuVaShape, a non-invasive body and facial contouring treatment designed to reduce fat, improve skin tone, and enhance overall body aesthetics. Proper aftercare is essential to ensure optimal results, support healing, and minimise complications.

IMMEDIATELY AFTER TREATMENT

Normal Reactions

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- Mild redness, warmth, or tenderness in the treated area is common.
- Temporary tingling, mild swelling, or slight bruising may occur.
- Some patients may notice a feeling of tightness or firmness in the treated areas.

Do Not Touch

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- Avoid rubbing, massaging, or applying excessive pressure to the treated area.
- Keep the area clean and hydrated.

FIRST 24-48 HOURS

Activity

Activity

- Resume light daily activities.
- Avoid strenuous exercise, heavy lifting, or high-impact activities if discomfort is present.

Comfort Measures

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- Over-the-counter pain relief can be taken if needed.
- Cold compresses may be applied externally to reduce swelling or discomfort.

Hydration

Hydration

- Drink plenty of water to support lymphatic drainage and enhance results.

FIRST WEEK

Observation

Observation

- Mild swelling, redness, or tenderness may persist for 1-3 days.
- Temporary firmness, lumps, or minor bruising may appear as the treated area adjusts.

Lifestyle & Care

Lifestyle & Care

- Maintain a balanced diet to support optimal results.
- Avoid alcohol or excessive high-fat meals immediately after treatment.
- Continue gentle moisturisation to keep skin hydrated.

FIRST MONTH

Results

Results

- Gradual improvement in skin texture, tone, and contour may be observed over several weeks.
- Multiple sessions may be recommended depending on your treatment plan.

Continued Care

Continued Care

- Maintain healthy diet, hydration, and regular physical activity.
- Avoid trauma or aggressive treatments on the treated areas until cleared by your provider.
- Attend follow-up appointments to monitor results and discuss additional sessions if needed.

WHEN TO CONTACT US

Contact your provider immediately if you experience:

- Severe or persistent swelling, redness, or pain.
- Signs of infection such as pus, warmth, or fever.
- Any unusual lumps, bruising, or skin reactions that concern you.

LONG-TERM CARE

Long-Term Care

- Maintain a healthy lifestyle including balanced nutrition and exercise to support and maintain results.
- Continue gentle moisturising of treated areas.
- Follow-up visits are important to monitor results and determine if further treatments are necessary.

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.