

Zerona Aftercare Instructions

ZERONA AFTERCARE INSTRUCTIONS

Thank you for choosing Zerona to help reduce fat and contour your body. Zerona is a non-invasive laser treatment designed to target fat cells, reduce body circumference, and improve body shape. Proper aftercare is essential to ensure the best results, minimise complications, and support the skin's healing process. Please follow these aftercare instructions carefully.

IMMEDIATELY AFTER TREATMENT

It is normal to experience mild redness, swelling, and a sensation of warmth in the treated area immediately after Zerona treatment. This typically subsides within a few hours to a day. You may feel mild discomfort or tenderness in the treated area, similar to a mild sunburn. This will usually resolve within a few hours to a day. Apply a cold compress wrapped in a clean cloth to the treated area for 10-15 minutes every few hours during the first 24 hours to reduce swelling and soothe discomfort. Do not touch, rub, or massage the treated area for at least 24 hours after treatment to avoid irritation or infection.

FOR THE FIRST WEEK

Cleanse the treated area gently with a mild, non-alcoholic cleanser. Avoid using scrubs, exfoliants, or harsh products for at least 7 days to ensure proper healing. Keep the treated area moisturised with a gentle, fragrance-free moisturiser to prevent dryness and support skin hydration. Protect the treated area from direct sun exposure for at least 1-2 weeks. Apply a broad-spectrum sunscreen with SPF 30 or higher to protect the treated area from UV damage.

FOR THE FIRST MONTH

Avoid using products containing alcohol, retinol, or exfoliating agents such as AHAs or BHAs for at least 4 weeks to prevent irritation and support the healing process. Drinking plenty of water and maintaining a balanced diet is essential to support the body's natural fat reduction process and improve treatment results. After the first 48 hours, you can gradually return to light exercise. Avoid intense activities or exercises that cause excessive sweating for at least one week.

COMMON SIDE EFFECTS

Redness and swelling are common after Zerona treatment and typically subside within a few hours to a day. You may feel mild tenderness in the treated area for the first few days. This is normal and should improve as the skin heals. Your skin may be sensitive to touch or products for the first few days, but this will improve over time.

WHEN TO CONTACT US

Please contact your provider immediately if you experience: Severe pain, redness, or warmth in the treated area (signs of infection). Excessive swelling, bruising, or discomfort that does not improve within the first few days. Unusual discharge, pus, or bleeding from the treated area. Any signs of an allergic reaction, such as itching, hives, or difficulty breathing. Any other symptoms that seem out of the ordinary or concerning.

LONG-TERM CARE

Protect your skin from sun damage by wearing sunscreen with SPF 30 or higher daily. Sun exposure can affect the results of your treatment and cause pigmentation changes. Maintain a healthy skincare routine by continuing to moisturise and avoid harsh or irritating products. The full effects of Zerona may take several weeks to months to become fully visible, as the body naturally eliminates fat cells over time. Maintaining a healthy diet, staying hydrated, and regular exercise will support the fat reduction process and enhance the results of your treatment.

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.

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