

Pre-procedure:

You will have a detailed consultation with our BTL therapy doctor who will assess and personalise a treatment plan to meet your needs. We will provide you with a detailed medical history questionnaire and consent form to carefully read and complete.

Please make sure to eat something before your procedure. Results are highly dependent on your level of hydration, you will therefore be required to strictly maintain a minimum of 2 liters (8 cups) of water intake daily for at least 2 days prior your treatment.

We will monitor your progress with photos and ask you therefore to kindly wear similar underwear to ensure consistency in the appearances. Please keep the treatment area hair-free as well as free from make-up or lotions. Also kindly wear comfortable clothing which can be removed easily for access to your treatment area, we will ask you to remove all metalwork and jewelry prior to the treatment.

Post-procedure:

We recommend to strictly maintain this minimum level of fluid intake throughout the day of your treatments as well as a minimum 2 days following every session (preferably throughout the whole 4 weeks). BTL has developed a mobile app to support you to meet the hydrational requirements during the course of your treatments, please do download this from the Apple App Store or Google Play platform as able.

BTL Fit ME

Alcohol consumption is strongly discouraged during the whole course of treatments as this can be significantly detrimental to your results. We also recommend avoiding smoking and to adhere to healthy diet and lifestyle throughout the course of your sessions as this will support optimal efficacy and promote maintenance of results.

Redness may occur over the treated areas, this is a normal reaction to the heat applied to your tissues and will settle within hours. If you have any concerns regarding persistent redness or skin changes please contact us for more advice. Please avoid any cooling gels or lotions on the area hours after the treatment until all redness has resolved.

Most patients will return to work the same day as per their usual daily routine with no down-time. We advise to avoid heavy exercise for 24-48 hours however light exercise such as running or jogging is rarely problematic.

Some individuals may feel “run down” for a few days after their, this can occur as a result of the body’s process of eliminating waste products through the lymphatic system. This is a temporary which can be expected to resolve fully within 24-48 hours. If you experience persistent redness or tenderness in the treated area please contact the clinic for advice as soon as possible. If you become unwell or experience any of unexpected symptoms, please seek urgent medical care.

Future appointments:

The effects of BTL treatment are individual and can vary depending on a number of factors, your doctor will discuss this with you in more details. A course of 4 treatments are recommended at 7-10 days apart. We recommend to adhere to these intervals strictly as any delays can significantly affect your results.

The results of your BTL treatment typically take 3 months to fully manifest and you will therefore continue to see improvements during this time. At 3 months following your course of treatment you will come back to see our Doctor for your follow up appointment.

The results of Exilis therapy typically lasts 12-18 months, you may wish to continue maintenance sessions thereafter every 6-12 months depending on your individual needs.

Don't hesitate to contact our team if you have any queries following your treatment.



KAT & CO

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