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**Aftercare for Vela III Endermologie and Laser Lipolysis**

**Side effects.**

* Vela III Endermologie and Laser Lipolysis have no major side effect.
* Possible minor side effects from the Vela III Endermologie include bruising.

**Post treatment advice.**

* Post treatment it is recommended that you partake in exercise to help flush the lymphatic system through. This can be a gentle walk or a more vigorous work out.
* It is important that you refrain from external heat applications for 12 hours such as using a sauna, hot pod yoga, body wrap. A normal temperature bath or shower would be fine.

If any concerns arise following treatment, please contact Body TLC for advice. Seek medical advice if any concerns persist.

If you have any concerns, please call us on 01522 394618