



## **Aftercare for Acoustic Wave Therapy Treatments**

There is no downtime as this is a non-invasive treatment. Your practitioner will assess how many treatments you'll need for optimum results. We usually recommend six to 12 treatments, twice a week.

### **To achieve the maximum results:**

1. Proper exercise is encouraged. Example: Walk for 15-20 minutes per day while receiving treatment.
2. Drink 1/2 ounce of water per body weight pound, with a minimum of 64 ounces per day.
3. Eat sensibly and minimize alcohol, caffeine, refined sugars and starches while receiving treatment.
4. Massage the targeted areas after treatment to help your body's lymphatic drainage and fat removal processes. Daily dry brushing will also encourage greater lymph flow/fat metabolism.
5. Keep your scheduled treatments.

Please contact your provider if you have any questions or concerns.