



Green Laser Treatment Instructions

- ❖ Over the course of treatment, you should follow a low carb/low-fat diet. You should drink eight 8-oz cups of water per day. It's best to avoid coffee and alcohol over the course of treatment, but if you do consume them, you must drink an additional 8-oz cup of water for every 8 ounces of coffee and/or alcohol.
- ❖ If possible, we ask that you come to your appointment dressed in comfortable clothing to make it easy to access the treatment area.
- ❖ To best maximize the effectiveness of your treatment, you should do cardio activity for at least 30 minutes a day, especially during the first 48 hours after treatment.
- ❖ Turn your shower to "cold" for the last minute to get your lymphatics pumping.