



## **What To Expect**

### **WHAT TO WEAR**

- THONG
- BRA

*Please wear the same thong and bra each time photos are taken so we can effectively track your results.*

### **WHAT TO EXPECT**

- Minor Bruising
- Elimination – It is likely that after a Lypossage™ session you may have a bowel movement
- Soreness

### **OTHER INSTRUCTIONS**

- Refrain from eating two hours before the Lypossage™ session
- Drink an 8 ounce glass of water after the Lypossage™ session to help move toxins out of the body
- During the program period, drink at least 32 ounces of water per day