Precautions Before LAMS

Essential Points



Meal Requirement

Pleas make sure to have a meal before your LAMS procedure.



Roomy and Comfortable Clothes

Please wear roomy and comfortable clothes on the LAMS day, as swelling may appear.



NO Driving

On the LAMS day, symptoms such as dizziness may occur. Please refrain from driving and use the public transportation to come to your appointment.



NO Alcohol

Please refrain from consuming alcohol on the LAMS day.

Prohibition



NO Anti-obesity Medication

Please do not take any anti-obesity medication (diet pills, etc.) on the LAMS day.

Essential Items



For the Face LAMS

For the face LAMS, please come to your appointment without the makeup. It's also recommended to bring a mask and a hat, as bruising and swelling may occur.



For the Thighs LAMS

For the thighs LAMS, please bring leggings, stockings, and girdle on the procedure day.
*Wearing leggings and other items for more than 24 hours on the LAMS day will help to reduce the dizziness and bruising,

* You may feel dizzy after the procedure, so please check the above precautions beforehand.



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