

Recovery After LAMS

Everyone Feels This Way After LAMS

Emotional Stages Over the First 60 Days



“I’m not sure yet...”

It feels a little numb, almost like it’s not my body. But... is that a hint of a slimmer line? For now, I’ll focus on resting and let my body recover. Starting tomorrow, I’ll get back to a healthy diet.

LAMS Day



“This swelling is more than I expected!”

The bruising and swelling are worse than I imagined 😞 Am I the only one experiencing this? Even my left and right sides look different. I’m feeling a bit anxious— should I contact the clinic?

LAMS Days 2-4



“When will this swelling go away?”

The treated area feels hard and tight. At first, there was little pain, but now there’s no visible improvement in the swelling or bruising. The clinic says the size has decreased, but I can’t see it yet. When will I start noticing real results?

LAMS Days 7-9



“I think it’s starting to improve.”

After my Orange Care session, the swelling seems to be reducing. It's hard to see with the naked eye, but my photos show slightly more defined lines. There's still some unevenness, but I'm hopeful it will smooth out soon.

LAMS Days 14-16



“It’s Golden Time!”

The uncomfortable swelling has finally subsided. Comparing my before and after photos, the change in my body line is clear. I’ve heard that the first 3 months after LAMS are the “golden period”... Time to stay committed and work toward even better results!

LAMS Days 28-30



“I can’t believe this fits!”

This outfit used to be too tight-and now it fits perfectly! Even my friends are noticing how much better I look! Thanks to consistent post-care, I've had minimal side effects. I've also managed my weight well, so I feel lighter and more confident.

LAMS Days 42



LAMS Day 60

Why didn't I do this sooner? I'm so happy with my results! I've been recommending it to everyone! Wanting to maintain this body motivates me to take even better care of myself. Now I'm thinking about other areas I could treat... there's no going back from LAMS ♥

We're here for you — anywhere in the world!

Reach out to your procedure branch for personalized advice. If you're abroad, our Global team is ready to assist you via WhatsApp and E-mail.



This Page



This Page