



## Post Laser Therapy Guidelines

### Start here:

- Drink 10 x 8 oz. glasses of water per day for the first week.
- Add fresh lemon to your water to increase cleansing.
- Increase your fruits and vegetables by two servings per day for the first week. If you are diabetic only increase your vegetable servings.
- Increase fiber intake.
- If alcohol is a trigger, then abstain from alcohol for the first week.

### Create a support network:

- Ask your friends, family and co-workers to not smoke in front of you or offer you a cigarette.
- Stay away from anyone smoking for at least 3 weeks.
- If someone in your household smokes, ask them to smoke outside or call JustQuit Laser Therapy for an appointment for them to break the habit.
- Do not use:
  - nicotine products
  - nicotine gum
  - patches
  - lozenges
  - stop smoking drugs like Zyban or Champex.



### Reward yourself!



Decide how you are going to reward yourself for committing to your renewed health journey. Just think of all the money you are saving by quitting your former addiction. Yay!

Put a photo on the fridge of:

- a trip you want to take
- a car you want to buy
- a spa package
- clothes
- or something else you would like!!

**\*Note:** You can use your boosters if there is no nicotine in the body. If a client decides to smoke, you cannot use the boosters. You will have to start the full treatment again.