



Post Treatment Instructions Body Contouring

POST-PROCEDURAL CARE - DAY 1 TO 7

The healing time for any given treatment varies between different clients. The following represents the general recovery phases you might expect. Individual clients may experience variations from this course.

Swelling/Discomfort/Redness:

Swelling of your wrinkles occurs immediately. While it is possible for patients to experience swelling in the under-eye area for the first day, this swelling will subside. For the first 3 hours, there will be redness and slight heat emanation from the treated area - this is a normal part of your body's natural healing response. It is unusual to experience severe or excessive pain, as well as any bruising; let us know if this occurs.

Activity:

Post-treatment redness is mild, and you may return to regular activities immediately. You may experience mild heat emanating from the treated area. This is a normal part of the body's natural healing response. Do not apply ice or cooling compresses.

Moisturizer:

Moisturizer should be applied regularly throughout the course of your treatment series, and it may be applied immediately after each treatment.

Make-Up:

Make-up can be applied immediately after each treatment. Do not sleep with makeup on the treated area. It is important to remove all make-up that is applied to the skin at night.

Avoiding the Sun:

Avoiding direct sun should become a permanent component of your long-term skin care program. Always use a broad-spectrum sunscreen of SPF 30 or greater, even on cloudy days, regardless of season.

Long-Term Skin Care:

In addition to avoiding direct sun exposure, we suggest all clients use long-term skin care that prioritizes the youthful, rejuvenated appearance you have achieved. We offer clients a program for long-term facial skin maintenance. This unique program offers state-of-the-art skin maintaining and rejuvenating creams that are only available and administered by our medical team.

Home Regime:

To enhance the results of the treatments, we recommend that you maintain a healthy and active lifestyle. *Gaining weight during your treatment series could compromise your end results.*