



# Endolift® Treatment Instructions

*Minimally Invasive Laser Skin Tightening & Contouring*

## Before Treatment

### 1. Two Weeks Prior:

- **Avoid blood-thinning medications and supplements**, such as aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), fish oil, vitamin E, ginkgo biloba, St. John's Wort, and garlic supplements (unless prescribed by your physician). These increase the risk of bruising and bleeding.
- **Avoid alcohol** for at least 72 hours before treatment.
- If you are prone to **cold sores**, notify your provider; you may need to begin **antiviral medication** (e.g., Valtrex) prior to your procedure.
- Refrain from **chemical peels, laser treatments, microneedling, or aggressive exfoliation** in the treatment area.
- Avoid **dental procedures, vaccines, or major medical treatments** within 2 weeks before or after your Endolift® session.
- If you have an **active skin infection, rash, acne flare, or open wounds** in the treatment area, your procedure will need to be rescheduled.

### 2. One Week Prior:

- Stay **well hydrated** and maintain a balanced diet.
- **Avoid tanning beds, self-tanners, and direct sun exposure** to the treatment area.
- Do not use **retinoids, glycolic acid, or exfoliating scrubs** on the area to be treated.

### 3. Day of Treatment:

- Arrive with **clean, makeup-free skin**.
- Wear **comfortable clothing** and avoid jewelry around the treatment area.
- Eat a light meal before your appointment to minimize lightheadedness.
- Inform your provider of any **changes in medical history, medications, or recent illnesses**.

## After Treatment

### 1. Immediately After:

- Expect **mild swelling, bruising, redness, and tenderness** for 1–3 days. These are normal signs of healing.
- **Ice packs** may be applied intermittently for comfort (10–15 minutes at a time).
- Avoid touching, pressing, or massaging the treated area unless instructed.
- You may experience **tightness, mild soreness, or temporary numbness** — this will gradually subside.

## 2. First 24–72 Hours:

- Avoid **strenuous exercise, heat exposure (sauna, hot tubs), and alcohol**.
- Sleep on your **back with your head elevated** for 2–3 nights to minimize swelling.
- Do not apply **makeup or skincare products** for the first 24 hours.
- Use only **gentle cleanser and cool water** when washing your face.

## 3. First Week:

- Avoid **sun exposure and tanning** — use **broad-spectrum SPF 30+** daily once the skin has fully calmed.
- Refrain from **facials, peels, or laser treatments** for at least 2–3 weeks post-procedure.
- **Do not massage or manipulate** the treated areas unless directed.
- Slight firmness, mild bruising, or unevenness under the skin may occur — this is temporary.

## 4. Healing and Results:

- **Visible improvement** in skin tightening and contouring may begin to appear in **3–4 weeks**.
- **Full results** typically develop gradually over **3–6 months**, as collagen remodeling occurs.
- Effects can last **12–18 months or longer**, depending on individual skin quality and lifestyle.

## 5. Skincare Recommendations:

- Maintain hydration and a **healthy skincare routine** to optimize results.
- Avoid smoking and limit alcohol intake, as both can slow collagen regeneration.
- Your provider may recommend **topical growth factors, peptides, or collagen-boosting serums** to support healing.

## Follow-Up

- A **follow-up appointment** is recommended **4–6 weeks post-treatment** to assess healing and progress.
- Some clients may benefit from **maintenance treatments every 2 years** for continued collagen stimulation.
- Contact your provider immediately if you experience:
  - Severe pain or swelling
  - Persistent redness or drainage
  - Blistering, skin discoloration, or signs of infection (fever, warmth, or pus)