**PRE-TREATMENT CARE FOR CELLULITE TREATMENT**

**1. Consultation and Assessment**

* **Choose a certified provider:** Ensure your aesthetician or medical provider is trained and experienced in the specific treatment you’re having.
* **Medical history disclosure:** Inform your provider of any underlying conditions (e.g., varicose veins, skin disorders, poor circulation), medications, or allergies.
* **Treatment plan:** Discuss your expectations and allow the provider to assess the degree and type of cellulite for a tailored approach.

**2. 1–2 Weeks Before Treatment**

**Avoid Certain Medications & Substances**

* **Blood thinners & anti-inflammatories:** Avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, or herbal supplements (e.g., ginkgo, ginseng, garlic) as they increase bruising risk.
* **Alcohol & smoking:** Stop or reduce to improve skin health and circulation.

**Skin Conditioning**

* **Hydration:** Start drinking plenty of water daily (at least 2–3 liters) to support lymphatic drainage.
* **Moisturize:** Use a nourishing body moisturizer with ingredients like shea butter, vitamin E, or caffeine to improve skin barrier function.
* **Dry brushing:** 2–3 times per week to stimulate lymph flow, exfoliate, and prep skin for better absorption and responsiveness to treatment.

**3. 24–48 Hours Before Treatment**

**Shave the Area**

* **Hair removal:** Shave (don’t wax or epilate) the treatment area the night before, especially for laser or RF-based treatments to avoid interference and irritation.

**Avoid Skin Irritants**

* **No tanning or sun exposure:** UV exposure may increase the risk of complications such as burns or hyperpigmentation.
* **No exfoliants or retinoids:** Avoid strong exfoliants, acids, or retinol on the treatment area.

**Eat Lightly Before Treatment**

* A light meal 1–2 hours before your session can help maintain energy levels.

**Wear Comfortable Clothing**

* Choose loose-fitting clothes to prevent post-treatment irritation or pressure on the skin.

**POST-TREATMENT CARE FOR CELLULITE TREATMENT**

**1. Immediate Aftercare (First 24–48 Hours)**

**Common Side Effects**

* Redness, swelling, mild bruising, soreness, and skin sensitivity are normal.
* Temporary lumpiness or firmness under the skin may occur after certain treatments like subcision or injectables.

**General Guidelines**

* **Hydrate:** Drink 2–3 liters of water daily to assist lymphatic drainage and toxin elimination.
* **Gentle movement:** Light walking can encourage circulation.
* **Cool compresses:** Apply if swelling or discomfort occurs (avoid ice packs directly on skin).

**2. Skincare Routine**

**Do:**

* **Moisturize regularly:** Use post-treatment creams if provided. Look for ones containing caffeine, peptides, or retinol.
* **Soothe the skin:** Aloe vera, chamomile-based lotions, or arnica gel can reduce irritation and bruising.
* **Use sunscreen:** Apply broad-spectrum SPF 30+ on exposed areas if they are treated.

**Avoid:**

* **Hot showers, saunas, steam rooms, or hot tubs** for 48–72 hours.
* **Scratching or picking** at the treated area.
* **Harsh exfoliants, retinol, AHAs/BHAs** for at least 3–5 days or as advised.

**3. Activity & Lifestyle Guidelines**

**Exercise**

* **Wait 24–48 hours** before resuming intense workouts.
* **Avoid heavy leg work** (e.g., squats, lunges) if the buttocks or thighs were treated, especially after subcision or deep treatments.

**Massage**

* **Manual lymphatic drainage** (MLD) massage may be recommended 1–2 days after treatment to reduce fluid retention and support healing.
* **Dry brushing or firm massage** should only resume after 5–7 days, with provider approval.

**4. Diet & Hydration**

* **Low-sodium diet:** Helps prevent water retention and bloating, which can obscure results.
* **Anti-inflammatory foods:** Include leafy greens, berries, fatty fish, nuts, and green tea.
* **Avoid processed sugars and trans fats:** These can contribute to inflammation and fat storage.

**5. Follow-Up & Maintenance**

**Treatment Course**

* Most cellulite treatments require multiple sessions (e.g., 4–8 sessions spaced 1–2 weeks apart).
* Results typically appear gradually over several weeks or months.

**Maintenance Treatments**

* May be needed every 3–6 months depending on the method used (e.g., RF, laser, subcision, or injectables like QWO or collagenase).

**Before & After Photos**

* Your provider may take photos to monitor progress and adjust the treatment plan if needed.

**6. When to Call Your Provider**

Contact your provider if you notice:

* Excessive swelling or pain
* Blistering, burns, or skin breakdown
* Signs of infection (e.g., heat, pus, fever)
* Unusual discoloration or nodules

**Customized Notes for Specific Treatments**

| **Treatment Type** | **Special Notes** |
| --- | --- |
| **Laser Therapy (e.g., Cellulaze)** | May require more downtime. Avoid sun exposure for at least 1–2 weeks. Bruising common. |
| **Radiofrequency (e.g., Venus Legacy)** | Mild heat sensitivity post-treatment. Use soothing creams. Stay hydrated. |
| **Acoustic Wave Therapy** | Bruising and redness possible. Requires multiple sessions. Massage may be encouraged. |
| **Subcision (e.g., Cellfina)** | Bruising, tenderness, and swelling can last 1–2 weeks. Avoid strenuous activity for up to 7 days. |
| **Injectables (e.g., QWO)** | Bruising is common and can be severe. Avoid blood thinners. Massage is usually discouraged. |
| **Topical Creams or Microneedling** | Use sunscreen. Avoid irritants. Do not exfoliate or wax the area for 3–5 days. |