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## **POST CARE FOR FACETITE/BODYTITE**

### **WHAT TO EXPECT AND HOW TO CARE FOR YOUR SKIN AFTER TREATMENT**

- Treatment areas will have dressings and/ or a pressure garment to be removed in 24 hours. According to the physician's instructions, wear the garment 24 hours a day for 2 weeks or until swelling subsides on the body, or for the first 24 hours a day for 3 days on the face. The garment ideally should be worn for 12 hours per day. Thereafter for 3 months on the body and 2 weeks on the face.
- Wound care: Apply soapy water or rubbing alcohol to the incision points twice daily for one week while the skin is healing after initially removing the compression garments. Tiny scabs may appear during the healing process. Please do not pick at the scabs. If you have sutures, removal will be in 2 weeks.
- Cleanse the treated areas gently with mild soap such as Cetaphil or Cerave and water after 48 hours. Avoid drying or irritating facial products such as Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate the area.
- Although these effects are rare and temporary, redness and swelling may last up to 3 weeks and are part of a normal reaction to treatment. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months. Some mild swelling and drainage may also occur for up to 3 months.
- Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 weeks.
- For facial and neck procedures: Sleep on several pillows or in a recliner to keep your head elevated for at least two or three days to help minimize swelling. Minimize talking and chewing for 48 hours. We recommend following a soft diet for at least the first 48 hours.
- Make- up may be applied as soon as 72 hours after the procedure to cover any redness or bruising. Avoid the incision sites that may still be healing.
- If treatment was done on the face or neck, facial shaving should only be done with an electric razor for the first week.
- Burns and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve.

- Only take prescribed medication or Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. Other pain relievers such as Aspirin or NSAIDS (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, ect.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinner. Take all antibiotics unless instructed otherwise.
- Do not drink alcohol for several days as instructed by the doctor after this procedure. Drinking alcohol can negatively affect healing and cause thinning of the blood, bleeding, crusting and/or bruising
- Remember, although the skin has initially healed, it takes 3-6 months before any changes in skin tightening can be perceived and 12 months before final results in skin tightening can be appreciated.

**If you experience fever, chills, drainage, discharge, or extreme discomfort, please contact our office at 281-332-9682.**

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## **OUR PROMISE TO YOU**

Our goal is to make you the most comfortable and informed before, during and after your treatment. However, we cannot provide exact timelines for how long it will take to see results or predict exactly how you will respond. Each person is unique, and your response will be as well. Additional treatments or services may be needed to achieve your final goal.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

**Questions or concerns?** Please securely send a direct message to your provider or call the office 281-332-9682.

