



## FaceTite/ AccuTite/Liposuction Post Procedure Instructions

- Do not use the following products 3 days before or 5 days after your treatment [or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams, unless instructed otherwise by your provider.
- Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
- Apply your Mineral Sunscreen the day after the treatment and re-apply every 2 hours for incidental sun exposure such as driving. We recommend SPF 30+ Sunscreen.
- Treatment areas will have dressings and/or a pressure garment to be removed in 24-48 hours. Wear the garment in the evening and while sleeping for at least two weeks or until swelling subsides. The garment ideally should be worn for 12-24 hours per day for the first 2 weeks.
- Wound care: Let soapy water wash over the incision sites (do not scrub) then apply antibiotic ointment to the incision points twice daily for one week while the skin is healing after initially removing the pressure garment. Tiny scabs may appear during the healing process. Please do not pick at the scabs.
- Cleanse the treated areas gently with mild soap such as Sente's Soothing Cleanser or Cetaphil/Cerave and water after 48 hours.
- Although these effects are rare and temporary, redness and swelling may last up to 3 weeks and are a part of a normal reaction to the treatment. Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months.
- Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 wks.
- For facial and neck procedures: Sleep on several pillows or in a recliner to keep your head elevated for at least two to three days to help minimize swelling. Minimize talking and chewing for 48 hours. We recommend following a soft diet for the first 48 hrs.
- Make-up may be applied as soon as 72 hours after the procedure to cover any redness or bruising.
- 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 pain 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, etc.) 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 can cause thinning of the blood, bleeding, crusting and/or bruising.

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- Remember, although the skin has initially healed, it takes a minimum of six weeks before any changes in skin tightening can be perceived and twelve months before final results in skin tightening can be appreciated.
- If you experience any questions or experience fever, chills, drainage, discharge, or extreme discomfort, please contact the office immediately.

Healing times may vary patient to patient. Please call the office with any concerns post-treatment and we will be happy to assist you. We can be reached at **334 271 2002 during business hours or 334 546 9088 after business hours.**

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