

## *Pre-treatment*

- Hydrate - drink at least 4 glasses of water per day to completely hydrate your skin and optimize treatment results.
- Medications - Start the antibiotic the night before your procedure. Bring all medications with you for your procedure. If prescribed Antiviral medication prophylaxis start 3-4 days prior to the procedure if you are undergoing a deeper treatment or have a history of Herpes Simplex (HSV) to avoid an outbreak.
- Topical retinoid therapy should be discontinued 3-4 days prior to treatment. Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Avoid any prolonged direct exposure to the sun and use a zinc oxide sunscreen of at least SPF 30+. Also avoid self-tanner and spray tanning for 7-10 days prior to treatment. The treatment area will be thoroughly cleaned, including topical anesthetics, makeup, lotions, deodorants, self-tanning products and ointments.
- Avoid taking anticoagulants for 7 days before treatment, if medical condition allows. Consult with your physician.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, bath/shower oil present on the area being treated.
- Discontinue alcohol 1 week prior to your treatment as this can thin your blood.
- Stop herbal medications or herbal teas starting 2 weeks before your treatment. This includes green tea and ginseng. Again, the bruising risk is increased on these herbal medications.
- Stop taking high doses of Vitamin E or any other high dose of vitamin 2 weeks before your treatment. (A multivitamin is fine.)
- Avoid glycolic, lactic, aha's, bha's and any other exfoliating products 2 weeks prior.

## *Post-treatment*

- Compression garment: Keep in place for the first 24 hours after procedure to prevent bleeding from incision sites. You may remove the garment for laundering, showering, and bandage changing after the first 24 hours
- Incision care: Remove dressing in 24 hours. Do not submerge body in bathtub, hot tub, swimming pool etc for 5 days post procedure.
- Your incisions will continue to ooze for 24-48 hours. This is normal and may last several days. You may place gauze sponges inside your compression garment to absorb drainage. Keep incisions clean and inspect daily for signs of infection. After 24 hours, cleanse the incisions gently with mild face wash provided. Tiny scabs may appear during the healing process. Please do not pick at the scabs.
- If you experience any post-procedure nausea, try carbonated soda and dry crackers to help settle your stomach. Drink plenty of clear fluids. Try lying down with your feet up and your head down.

### **For facial and neck procedures:**

- Wear compression garment 24 hours a day for 4 days.
- Sleep on several pillows or in a recliner to keep your head elevated for at least 48-72 hours 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. Avoid the incision points that may still be healing.
- Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure.

### **For BodyTite**

- Wear Compression Garment for 7 days.
- Massage all treated areas using hand and applying light pressure slow and deep in an upward motion 3-4 times per day, approximately 10 minutes at a time. Do not use heat or ice on treated areas.
- Shaving should only be done with electric razor for the first 7 days.
- Light activity is encouraged. Do not engage in vigorous exercise or sports for at least 2 weeks or until approved by your physician
- Only take prescribed pain mediation 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 daily Aspirin, NSAID, or other blood thinners. Take all antibiotics unless instructed otherwise.

*Pre-treatment & Post-Treatment*  
FaceTite/BodyTite

*Pre-treatment*

*Post-treatment*

- Burns and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve
- Limit any direct sun exposure for 2 weeks before and after treatments.
- Do not use any products containing Retin-A or Retinol 3 days prior to treatment.
- Make-up, lotion, sunscreen and deodorants must be thoroughly removed from the area to be treated prior to treatment.  
Do not wear perfume on the area of treatment.

Do NOT drink alcohol for 72 hours 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.

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 have any questions or experience fever, chills, drainage, discharge, or extreme discomfort, please call 817-562-2339. If you are calling after hours please leave a message for the on call nurse