

healthfulnessbyruthy

Cosmetic Injector | Dentist

Fat Dissolving Lipolysis Post-Operative Instructions:

Post-Op Instructions

For your safety and comfort, please read the following and adhere closely to the advice given.

Please discuss anything you are unsure of with our team.

If you experience unexpected or undesirable post-operative symptoms that persist for longer than 48 hours or develop over time, contact our clinic immediately.

Always return for your scheduled follow-up appointment, even if you are satisfied with results.

While most regular daily activities are fine to resume immediately after the procedure, it is advisable that:

FOR 24 HOURS, DO NOT:

- Wash your face with anything except warm water and gentle cleanser
- Apply make-up & DO NOT touch your face at all for at least 2 hours
- Go swimming, take a bath for 4 hours after the procedure

FOR 2 WEEKS, DO NOT:

- Have any other facial procedures performed: including peels, facial, micro-needling, laser
- Use anti-inflammatories like Nurofen (Ibuprofen)

DO THE FOLLOWING

- Expect temporary risk from the injections which may last several days to several weeks, eg. swelling, bruising, redness, itching, burning, numbness, hard lumps
- You may use mild analgesics like aspirin and paracetamol if needed and intermittent, light ice application for any swelling
- Apply Ice for 10 minutes, every 30 minutes, for the remainder of the day
- Attend a review appointment with our team within 7 days of the procedure
- Contact our team immediately if you experience any unexpected pain, discolouration of the skin or other issue such as difficulty breathing, swallowing or smiling
- Use SPF 30+ broad-spectrum sunscreen daily and LIMIT sun exposure
- Have at least 3 treatment sessions of lipolysis, spaced 8 weeks apart to achieve optimal results

Thank you for trusting our team with your healthy beauty goals