



YOUTHFUL YOU

AESTHETICS & ACADEMY®

FAT DISSOLVING

Post-Treatment Guidelines

- **Swelling:** Swelling is a common side effect and may persist for up to 2 to 4 weeks. The treated fat areas will gradually reduce over several weeks.
- **Bruising:** Mild bruising in treated areas is typical and usually resolves within one week. You may apply topical arnica to reduce bruising.
- **Cold Compress:** Apply ice for 10 to 15 minutes every hour on the first day to help reduce swelling.
- **Avoid Pressure:** Do not massage or apply pressure to the treated area for 48 hours after treatment.
- **No Makeup:** Avoid using makeup or skincare products on the treated area for at least 24 hours.
- **Heat and Exercise:** Avoid strenuous physical activity, saunas, or excessive sun exposure for 48 hours following treatment.
- **Pain Management:** If necessary, take acetaminophen (Tylenol) for pain relief. Avoid ibuprofen or aspirin as these may increase bruising.
- **Alcohol & Smoking:** Refrain from consuming alcohol and smoking for 48 hours after treatment.
- **Hydration:** Continue to stay well-hydrated after the procedure.

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- **Compression Garment:** If advised, wear a compression garment on larger treated areas as directed by your provider.
- **Lumps & Tenderness:** The formation of lumps and some tenderness is normal. Gentle massage may be applied to the treated area after 48 hours, but only if explicitly instructed by your provider.
- **Sun Protection:** Apply sunscreen to the treated areas. Exposure to the sun can negatively affect the outcome and longevity of your results.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

What to Expect

- **Follow-Up Appointment:** Schedule a follow-up appointment approximately 4 weeks after treatment to evaluate results and discuss the need for any additional treatments.
- **Swelling Duration:** Swelling may last up to 4 weeks, with gradual fat reduction occurring over the following weeks.
- **Results:** Full results typically become visible within 6 to 8 weeks after treatment.
- **Long-Term Effects:** Results are generally permanent when maintained with a healthy lifestyle.
- **When to Contact the Provider:** Contact your provider immediately if you experience any signs of infection such as redness, fever, or pus. You can reach us at 587-855-4558 or by email at info@youthfuleyou.ca.