



SHINE

AGNES

Post Treatment Instructions

- You will have an Ultra-Thin DuoDerm Hydrocolloid Dressing pad on after the procedure. Leave it on until the following morning. The next morning you may remove and wash with a gentle cleaner.
- You will experience swelling and bruising the first 1-3 days that may last up to a week. The area may be tender to touch. The healing process will continue over the next four weeks as your body removes the melted fat cells from the procedure. You will also develop more collagen to tighten the skin of the treated area.
- Ice the area frequently for the first two (2) days to decrease the swelling. Once the swelling decreases, apply warm compresses to the area starting on day three (3), three times a day (3x/day) for three (3) days. Warm compresses increase the blood flow to the area and promote healing.
- Avoid wearing makeup for forty eight (48) hours. Apply sunscreen to protect your skin and the treated area.
- Avoid retinol or harsh cleansers for one (1) week following the procedure.
- Under eye procedures: starting the morning after the procedure, apply Maxitrol/ Dexamethansone ointment twice a day (2x/day) for one (1) week on the treated eye(s) to prevent any infections and decreased inflammation as directed by the provider.
- Call the office with any signs or symptoms of infection - fever of 101 degrees or above, yellow/green drainage from site, abnormal swelling, or change in vision.
- Take a picture daily to track progress.
- Schedule a follow up visit in one (1) week. We will call you the day after the procedure to answer any questions to concerns.
- Call or text (212) 242-5344 with concerns.