



Sleep and Wellness Medical Associates, LLC

31 E Darrah Lane, Lawrenceville, NJ 08648
(609) 587-9944 • Fax (609) 587-9955

BODYTITE & FACETITE: POST CARE INSTRUCTIONS

24-48 HOURS AFTER TREATMENT:

- **Compression garment:** Keep in place for the first 24 hours after the procedure to prevent bleeding from incision sites. You may remove the garment for laundering, sponge bathing and bandage changing after the first 24 hours. You must always wear the garment (other than bathing/showering) for 4 weeks post procedure.
- **Massage** all treated areas using hand and apply light pressure slowly 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.
- **Incision care:** Remove dressing in 24 hours and sponge bathe. Do not shower for 48 hours 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. Once drainage has stopped, apply antibiotic ointment to the incision sites and cover with a band-aid. After 48 hours, cleanse the incisions gently with mild soap such as Cetaphil or Cerave and water. 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:**
 - 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. Do not rub or irritate the area.
 - Shaving should only be done with an electric razor for the first 7 days.

48 HOURS-4 WEEKS AFTER TREATMENT:

- Continue wearing your compression garment for **4 weeks**
- **Cleanse** the incisions gently with mild soap such as Cetaphil or Cerave and water. Tiny scabs may appear during the healing process. Please do not pick at the scabs.
 - Do not immerse incisions in any kind of water (e.g. bath tub, whirlpools, hot tubs, swimming pool, ocean/lake/river) until 4 weeks after procedure.
- Light activity is encouraged. Do not engage in vigorous exercise or sports for at least 2 weeks or until approved by your physician. Decrease in activity may promote constipation, so you may want to add a raw fruit to your diet and be sure to increase fluid intake.
- On the 3rd day post procedure, begin ultrasound and massage therapy every other day for 20 days (10 treatments total).
- **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.
- **Do NOT smoke**, as smoking delays healing and increases risk of complications.



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Please call our office at (609) 587-9944 or email us at info@sleep-wellness.org with any questions or concerns

Or refer to our website www.sleep-wellness.org for further information