



Post care instructions

1. Treated area care: Let soapy water wash over the area (do not scrub), using a mild soap. Avoiding drying or irritating products for three weeks after your procedure. Apply antibiotic ointment to the incision points twice daily after cleaning for one week while the skin is healing. Tiny scabs may appear during the healing process. Please do not pick at the scabs. A light layer of Aquaphor may be applied to the area for comfort. Compression garments (ie spanx) may be worn to avoid significant swelling.
2. Although these effects are rare and temporary, redness and swelling may last up to 3 weeks and are a part of a normal reaction to the treatment. Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months.
3. Limit physical activity and exposure to excessive heat and UV light for 2 wks.
4. Avoid intercourse for 2 weeks post Aviva procedure.
5. If treatment was done on hair-bearing areas, shaving should only be done with an electric razor for the first week.
6. Burns and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve.
7. Only take prescribed pain medication 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 a daily Aspirin, NSAID, or other blood thinner.
8. Do NOT drink alcohol for several days as instructed by the practitioner after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting and/or bruising.
9. Remember, although the skin has initially healed, it takes 3-6 months before any changes in skin tightening can be perceived AND twelve 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 contact 720-532-1856.

Office email: info@aems.co.com

Practitioner: _____