

# AccuTite Aftercare Instructions

## ACCUTITE AFTERCARE INSTRUCTIONS

Thank you for choosing AccuTite, a minimally invasive radio-frequency assisted treatment designed to tighten skin, contour facial or body areas, and improve overall skin firmness. Proper aftercare is essential to ensure optimal results, support healing, and minimise complications.

### IMMEDIATELY AFTER TREATMENT

#### Normal Reactions

##### Normal Reactions

- Mild redness, swelling, or tenderness in the treated area is normal and typically resolves within a few hours to a few days.
- Temporary warmth, tightness, or mild bruising may occur.
- Minor dimpling or irregularities may appear initially and usually smooth out as healing progresses.

#### Avoid Touching

##### Avoid Touching

- Do not rub, scratch, or press the treated area.
- Keep the area clean and avoid direct contact with unwashed hands.

### FIRST 24–48 HOURS

#### Skin Care

##### Skin Care

- Apply a gentle, fragrance-free moisturiser to maintain hydration.
- Avoid scrubs, chemical peels, or harsh skincare products.
- Cold compresses can be applied gently to reduce swelling or discomfort.

#### Activity

##### Activity

- Rest and avoid strenuous exercise, heavy lifting, or activities that stretch the treated area.
- Keep your head elevated if the treatment was on the face or neck.

#### Sun Protection

##### Sun Protection

- Avoid direct sun exposure and apply a broad-spectrum SPF 30 or higher.

### FIRST WEEK

#### Observation

##### Observation

- Mild redness, swelling, or tenderness may persist for several days.
- Temporary firmness or minor bruising may occur.
- Any minor irregularities should gradually improve as swelling resolves.

#### Lifestyle & Care

##### Lifestyle & Care

- Avoid hot showers, saunas, or steam rooms to prevent irritation.
- Avoid makeup on treated areas until approved by your provider.
- Maintain hydration and follow all provider instructions carefully.

## FIRST MONTH

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### Results

#### Results

- Gradual improvements in skin tightness, contour, and overall appearance may be observed over several weeks.
- Multiple sessions may be required depending on your treatment plan.

### Continued Care

#### Continued Care

- Maintain gentle cleansing, moisturising, and sun protection.
- Avoid aggressive facial or body treatments until cleared by your provider.
- Attend follow-up appointments for monitoring and additional sessions if recommended.

## WHEN TO CONTACT US

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### Contact your provider immediately if you experience:

- Severe or persistent redness, swelling, or pain.
- Signs of infection such as pus, warmth, or fever.
- Any unusual or concerning skin reactions.
- Threads, sutures, or treated tissue behaving abnormally.

## LONG-TERM CARE

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### Long-Term Care

- Maintain daily gentle skincare and sun protection to preserve results.
- Follow your provider's guidance for any additional treatments or maintenance procedures.
- Attend all recommended follow-up appointments.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

### Patient Confirmation \*

- I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.