

Cellulaze Aftercare Instructions

CELLULAZE AFTERCARE INSTRUCTIONS

Thank you for choosing Cellulaze to treat the appearance of cellulite. Cellulaze is a minimally invasive procedure that uses a laser to target the underlying causes of cellulite by breaking down the fibrous bands that create a dimpled appearance on the skin. Proper aftercare is essential to ensure the best possible results, reduce the risk of complications, and promote optimal healing. Please follow these aftercare instructions carefully.

Immediately After Treatment: It is normal to experience mild redness, swelling, and bruising in the treated area immediately after Cellulaze. This is a common side effect and should subside within a few days to a week. You may feel mild discomfort or sensitivity around the treated area, especially when pressure is applied. Your healthcare provider will provide pain management options, such as over-the-counter pain relievers or prescribed medications. A compression garment may be recommended to help reduce swelling and support the treated area. You should wear this garment as directed, typically for 24/7 for the first few days, and then during the day for a few weeks. Applying a cold compress wrapped in a clean cloth to the treated areas can help reduce swelling and alleviate any discomfort during the first 24-48 hours.

For the First Week: Mild swelling, bruising, and tenderness are common after the procedure and should improve within the first 1-2 weeks. If you experience excessive pain, swelling, or signs of infection (redness, warmth, or discharge), contact your provider immediately. Avoid any strenuous physical activity or heavy lifting for at least 1-2 weeks after the procedure. This will help prevent irritation or excessive pressure on the treated area. Keep the treated area clean and dry. You can gently cleanse the area with mild, non-alcoholic soap and lukewarm water. Pat the skin dry with a clean towel, and avoid scrubbing the treated area. The treated area will be more sensitive to the sun after the procedure. Avoid direct sun exposure for at least 4-6 weeks after treatment, and apply a broad-spectrum sunscreen (SPF 30 or higher) to any exposed areas. Your provider may recommend light massage around the treated area to improve circulation and assist in the healing process. Follow your provider's instructions on when and how to perform these techniques.

Common Side Effects: Swelling and bruising are common after Cellulaze and will gradually improve within the first week. Cold compresses during the initial recovery phase can help reduce these effects. Mild pain, tightness, or sensitivity in the treated area is normal after treatment. Over-the-counter pain medications such as acetaminophen (Tylenol) can help manage discomfort. Avoid aspirin or ibuprofen, as these can increase bruising. Some temporary lumps or irregularities in the treated area may occur due to swelling or the healing process. These should subside as the tissues heal and the swelling decreases.

When to Contact Us: Please contact your healthcare provider immediately if you experience: Severe pain, redness, or warmth in the treated area (signs of infection). Excessive swelling, bruising, or discomfort that does not improve. Unusual discharge or bleeding from the treated site. Any difficulty breathing, chest pain, or dizziness (signs of a blood clot or other serious complications). Any other symptoms that seem out of the ordinary or concerning.

Long-Term Care: For the best results, continue with a healthy diet and regular exercise. While Cellulaze can significantly improve the appearance of cellulite, maintaining a stable weight and healthy lifestyle can help preserve your results. Continue using a gentle skincare routine to keep your skin moisturised and healthy. If you have concerns about skin elasticity or tone, consult your provider about potential skin-firming treatments. Some patients may benefit from follow-up treatments or additional sessions to maintain or enhance results. Your healthcare provider will discuss any future treatment options based on your individual needs. Protect your skin from sun exposure by using sunscreen daily to prevent damage and maintain the quality of your skin. Sun exposure can worsen the appearance of cellulite and affect the results of your treatment.

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.