

Cellfina™ Post-Treatment Patient Instructions

- Your treatment area(s) have been covered with absorbent dressings and can be held in place with a compression garment such as a body shaper or Spanx garment to limit post treatment bleeding, swelling, and/or bruising.
 - Fluid, such as the anesthetic solution and blood, may seep from the treatment areas for up to 24 hours. This fluid will soak into the gauze and compression garment, and could potentially stain clothing. Your physician may have provided extra gauze or absorbent pads for this purpose.
 - Regarding use of your compressive garment, wear it as often as possible for the first 2 weeks. It may be helpful to cut out and remove the crotch of the compressive garment. This will allow you to wear underwear on top of the garment and will prevent tissue trauma of pulling the compressive garment off and on each time you must use the bathroom.
- It would be best to avoid showering until the day after your Cellfina procedure. Do not take a bath or sit in a hot tub for several days.
- You may or may not experience the following conditions in and around the treatment area(s):
 - Bruising or Hematoma (localized collection of blood)
 - Swelling and/or edema
 - Areas of firmness or hardness under the skin
 - Inflammation (generalized redness)
 - Mild bleeding (from needle/blade punctures)
 - Numbness, tingling, or sensitivity changes
 - Redness or rash in the treatment or surrounding areas
 - Red or brownish spots (from needle/blade punctures)
 - Tenderness, pain
 - Itchiness
- The normal healing process will result in fluid accumulation within the treatment area(s), which may be felt when touched. This fluid is a normal occurrence after your treatment, and results in new tissue formation necessary to lift and smooth the treated cellulite dimples. The transition from fluid to more solid tissue should occur over the next several weeks and may result in a feeling of firmness or hardness under the skin. Such firmness should diminish with time.
- Palpable areas of firmness (or softness) are expected. If, however, these areas are slow to improve, you can perform massage to the areas of firmness with your fingertips for a few minutes each day until resolved.
- Light, physical activity is allowed in the first 2 weeks, but extreme physical activity should be avoided during this time.

Medications/Other Treatments:

- If prescribed an antibiotic: _____
- If needed, you may take acetaminophen (Tylenol) for pain
- Taking blood thinning (anticoagulant) medication (such as, Warfarin, Coumadin) or NSAIDs (Non-steroidal anti-inflammatory drugs) such as aspirin, Ibuprofen medications, e.g. Motrin, Advil, Aleve etc., in the first few weeks following treatment may increase your risk of bruising.

When to call your physician:

- Excessive bleeding from treatment site
- Fever greater than 100 degrees Fahrenheit.
- Any side effect or unusual symptoms of concern.
- Palpable areas of firmness (or softness) are expected. Should you have any specific concerns or questions about areas of firmness, please follow-up with the office.