

## **Renuvion Skin Tightening Consent Form and Instructions**

### Post-Operative Instructions:

- 1) Rest for the first 12 hours. Mild daily activity for 2-3 days, then resume your normal activities as tolerated. You may experience mild to moderate swelling and/or bruising for 1-2 weeks following your procedure.
- 2) Ice may be applied 2 hours after procedure to minimize swelling. Do not apply directly on skin. You may ice for 20 minutes intervals and remove for at least 20 minutes between applications.
- 3) Drainage from your incision sites may occur for several days. Wash incision sites with warm soap and water.
- 4) Call the office if you notice any signs or symptoms of infection, such as; redness, increased pain, marked increased swelling, skin that is warm/hot to touch or a fever of above 101 F.
- 5) No dietary restrictions, maintain a healthy diet. Be sure to drink plenty of water, to aid toxins exiting the body.  
Therapeutic massage is beneficial to the healing process.
- 6) Avoid direct exposure to sunlight until surgical area is completely healed. Apply sunscreen as directed.