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**Treatment Instructions for Cellfina**

\*Take antibiotics an hour prior to procedure with food, or as directed by your physician.

*Disclaimer: You are not a candidate if have the following:*

* *Uncontrolled hypertension (high blood pressure)*
* *Pregnant or breast feeding, or anticipated pregnancy during the treatment phase*
* *Tumors in the treatment area*
* *Varicose veins in treatment area or vascular fragility*
* *History of poor wound healing, an open lesion, or skin infections*
* *Poorly controlled diabetes and/or excessive obesity.*
* *Blood or bleeding disorder; on anticoagulant medications; phlebitis and vasculitis*
* *Recent surgery within the past 6 weeks.*

Pre-Treatment Instructions:

* Avoid shaving, laser hair removal, electrolysis, waxing, threading, and use of depilatory creams the day of your procedure and until cleared by your physician.
* Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
* Bring compression shorts with you the day of treatment. (i.e. Spanx, upper thigh/buttock biker shorts)
* Wear loose fitting clothing the day of your treatment, as you will leave wearing your compression shorts.
* Avoid consuming alcohol and/or smoking 2-days before and 2-days post treatment.
* Avoid anti-inflammatory/blood thinning medications 10-14 days prior and 3-4 days post treatment. Medications such as: Aspirin, Vitamin E, Gingko Biloba, Ginseng, St. John’s Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections (Please ask us for complete list).
* **Consider taking Arnica tablets 1 week prior to injections to prevent bruising (Usage: Dispense 5 pellets under your tongue 3 times a day).**

Post-Treatment Instructions:

* Tissue release sites may seep from the treatment area for up to 12 hours. Sterile gauze bandages (i.e. ABD pads) may be used to cover the treatment sites and can be secured in place with surgical tape.
* Compressive garments (i.e. bike shorts, shape wear) should be worn as often as possible for the first 2 weeks (As per physician’s discretion). It may be helpful to cut out and remove the crotch of the compression garment. This will allow you to wear underwear on top of the garment and will prevent tissue trauma of pulling the compression garment off and on each time you must use the bathroom.
* Extreme physical activity should be avoided within the first 30-days post treatment. Elevating your core temperature will cause more swelling.
* Do NOT shave your legs for 4-days post treatment.
* Do NOT pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.
* 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.
* Avoid tanning or prolonged sun exposure 2 weeks after treatment.

What To Expect:

* You may or may not experience the following conditions in and around the treatment areas:
	+ Bruising or hematoma (localized collection of blood)
	+ Swelling and/or edema
	+ Areas of firmness or hardness under the skin
	+ Inflammation (generalized redness)
	+ Mild bleeding
	+ Numbness, tingling, or sensitivity changes
	+ Redness or rash in the treatment/surrounding area
	+ Red or brownish spots
	+ Tenderness and pain
	+ Itchiness
* The normal healing process will result in fluid accumulation within the treatment area, which may be felt when touched. This fluid is a normal occurrence after your treatment and results in The normal healing process will result in fluid accumulation within the treatment area, 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.
* When to contact your physician: excessive bleeding from treatment site, fever greater than 100 degrees Fahrenheit, any side effect or unusual symptom of concern.