



## **Body Contouring Post Treatment Advice**

### **After Treatment**

The post-care instructions have been created to help prepare you for care after your treatment in the clinic is complete.

Following these instructions will maximize your aesthetic outcome. This will also provide you with a few of the post-procedural warning signs that may herald a complication. As you discovered from our informed consent booklet and your discussion with your clinician, most potential complications tend to be minor and can be effectively managed if we are notified promptly.

In the rare instance that you are unable to contact the Est-Ethics Clinical Staff regarding a post-care concern, and you feel it is of an urgent nature, please proceed to the emergency room of your nearest hospital.

### **POST-PROCEDURAL CARE - DAY 1 TO 5**

The healing time for any given treatment varies between different clients. The following represents the general recovery phases you might expect. Individual clients may experience variations from this course.

#### **Swelling/Discomfort/Redness:**

Swelling may be present for the first 3 hours as well as redness and slight heat emanation from the treated area - this is a normal part of your body's natural healing response. It is unusual to experience severe or excessive pain, as well as any bruising; let us know if this occurs

- Post-treatment redness is mild, and you may return to regular activities immediately. You may experience mild heat emanating from the treated area. This is a normal part of the body's natural healing response. Do not apply ice or cooling compresses.
- Moisturizer should be applied regularly throughout the course of your treatment series, and it may be applied immediately after each treatment.

### **WARNING SIGNS**

The following are some of the symptoms that should alert you to the possibility of an impending or existing complication and you should contact the clinic:

Infection may be present if you notice:

- Increased facial swelling after the first 24 - 36 hours.
- Redness spreading beyond the area of resurfacing, that is warm and tender to touch.

Should you experience any unexpected side effects or any that concern you, please contact the clinic as soon as possible.

**Please ensure you discuss your overall treatment programme with your clinician as this will enable you to receive the best results from treatment.**

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