



Post-Procedure Instructions for Skin Tightening

- Resume your usual diet as soon as possible. It is recommended that your first meal or two contain healthy fats such as salmon, avocados, extra virgin olive oil, coconut oil or walnuts to help your body clear the lidocaine. Drink adequate amounts of water to prevent dehydration and help flush your body of toxins.
- Bring a responsible adult to drive you home and stay with you for the first 24 hours to assist you as needed. DO NOT drive or operate hazardous machinery the rest of the day. DO NOT make any important personal decisions for 24 hours after procedure. DO NOT drink alcohol 24 hours after procedure and while taking narcotic pain medication.
- Most people can return to work the day after the procedure. Depending on the area treated you can carefully resume exercise and vigorous physical activity within 2 weeks after the procedure.
- You may be sent home wearing a compression garment with absorbent pads. The absorbent pads are placed over the incisions to absorb the blood-tinged anesthetic solution drainage. During the first few hours after the procedure, if you discover some drainage leaking around the larger pads, simply apply a small absorbent pad over the area by sliding it under the garment. As the drainage slows you can cover the incisions with Bacitracin ointment (DO NOT USE any other antibiotic ointment) and fabric Band-Aids if needed.
 - DO NOT apply an ice-pack or a heating pad to the skin around the treatment areas for the first 24 hours unless directed.
 - DO NOT soak in water (bath, hot tub, pool, ocean) until incisions are completely healed.
- Compression garments are worn in order to hold the absorbent pads in place, and to provide compression to minimize bruising, and to maximize drainage of the blood-tinged anesthetic solution. You may take a shower the day after the procedure.
- Review garment wear instructions on Pre-Procedure Instructions.
Wearing the garments as directed is the key to a better outcome!

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- All incisions will be extremely sensitive to sunlight during the healing phase. Use sunscreen 30 SPF or higher (UBV/UVA protection) for one year after your procedure.
- If prescribed → take the full course of prophylactic antibiotics, as directed, until the prescription is finished. Take with food to minimize GI upset. Call our office if you notice signs of infection such as fever, foul smelling drainage, increased redness around incision sites, swelling, or increasing pain in one of the treatment areas.
- Narcotic pain medication may also be prescribed to take as needed for pain relief. Be aware that most of the narcotic pain medications also contain acetaminophen (Tylenol) in each pill, so do not take acetaminophen (Tylenol) in addition to these medications. Take with food to minimize GI upset.

DO NOT drink alcohol while taking narcotic pain medication.

DO NOT take benzodiazepine medications with narcotic pain medication.

COMMON SIDE-EFFECTS

- Flushing and/or warmth of the treated area may occur and can last for a day or two.
- Discomfort and soreness can be worse the second day after procedure, but then improves daily.
- Minimal to moderate bruising can occur. The more extensive the procedure, more bruising can be expected.
- Itching of the treated areas several days after procedure may occur as part of the normal healing response.
- It is normal to have pulling and pinching sensations for weeks to months after the procedure.
- The treated areas may turn hard, lumpy and feel numb. This is part of the healing process. After 7 days you can massage the treated areas once or twice a day as tolerated. Avoid stretching the skin.

HELPFUL TREATMENTS

- You can apply *Arnica Montana* lotion or gel to the treatment areas to reduce pain, swelling and bruising.
- You can also take oral *Arnica Montana* (tablets) to reduce pain, swelling and bruising.
 - These can be purchased at most drugstores, Walmart or Target or online.

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