



Cellfina™

Post Care Instructions and Expectations

Expectations:

- You may experience slight discomfort after the Cellfina procedure. Most people are able to return to their daily routine within a few days after their procedure.
- The treated area may be red with circular outlines from the suction plate for up to 24 hours after the procedure.
- Leaking fluid (clear/pink) from the needle insertion points is common and typically lasts for up to 48 hours after the procedure.
- Bruising is a common side effect that typically resolves by the third week after the procedure.
- Discoloration from the needle insertion points may be visible for the first 6-8 weeks following the procedure.
- Many patients have minimal discomfort after the procedure, however you may experience one or more of the following sensations: numbness, aching/soreness, tingling and deep itchiness. Please consult our office if any of these conditions persist beyond two weeks or worsen over time.
- You are ready to show off your results at or around 6 weeks after your procedure!

Instructions:

- Please continue wearing your compression garment as much as you can for two weeks after your procedure.
- Continue the "rocking" motion when sitting to help expel fluid from the needle insertion points for 48 hours after the procedure. You will be supplied absorbent pads that can be changed out when saturated.
- You may shower the following night after your procedure.
- Please avoid swimming in pools/hot-tubs, oceans and lakes for two weeks after the procedure.
- Please avoid vigorous exercise for the first two weeks after the procedure.
- Try to avoid aspirin and ibuprofen use 2 weeks before and after the procedure to decrease the amount of bleeding and bruising. Tylenol may be substituted for pain relief.

Please call us at (775) 284-2020 with any questions or concerns.

First post-op appointment will be 1-2 weeks after your procedure.