

Mesotherapy/Fat Lipolysis Post-Treatment Instructions

- Immediately after the treatment, the most commonly reported side-effects were temporary redness, bruising and swelling at the injection site. These effects typically resolve within 5 to 10 days. Cold or ice compresses may be used immediately after treatment to reduce swelling.
- Continue taking Arnica Montana up to 7 days after each treatment to decrease bruising and inflammation.
- Apply 1% Hydrocortisone cream or Benadryl spray or gel on treated areas to reduce itching or redness. • To minimize bruising, avoid Aspirin, Anti-inflammatory drugs, Gingko biloba, Garlic, Flaxseed Oil, Vitamin E, Alcohol, spicy food, salty food and cigarettes 48 hours to 1 week after your treatment.
- It is normal to feel “firmness” in the injection site first day after treatment. In some cases, a lumpy formation can be felt on the injected area. If necessary, massage area gently 2-3 times a day up to 72 hours.
- Do not exercise for 24 hours after treatment. Avoid strenuous exercises, sunbathing or tanning.
- Apply sun block and protect skin from sunlight.
- For treatment of neck areas, sleep with head elevated (3-4 pillows), and wear some compression under chin (scarf or head band).

• Please call/text us at 619 692 9300 AND email photos to patients@beautyandbodylounge.com with any concerns

