

## **FACETITE / ACCUTITE POST CARE INSTRUCTIONS**

1. Treatment areas will have dressings and a pressure garment that ideally should be worn 24 hours per day for the first 2 weeks. It is important to at least wear the pressure garment in the evening and while sleeping for a minimum of two weeks or until the swelling subsides.
2. Wound care: Cleanse the treated areas gently with mild soap (such as Cetaphil or Cerave') and water (do not scrub), pat dry thoroughly, and apply antibiotic ointment to the incision points twice daily for one week. Tiny scabs may appear during the healing process; please do not pick at the scabs.
3. Avoid drying or irritating facial products including Retinol and Salicylic/ Glycolid acids for 3 weeks post procedure. Do not irritate the areas treated.
4. Although these effects are rare and temporary, redness and swelling may last up to 3 weeks and are a part of a normal reaction to the treatment. Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months.
5. Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 weeks.
6. For facial and neck procedures: Sleep on several pillows or in a recliner to keep your head elevated for at least two to three days to help minimize swelling. Minimize talking and chewing for 48 hours. We recommend following a soft diet for the first 48 hrs.
7. Make-up may be applied as soon as 72 hours after the procedure to cover any redness or bruising. Avoid the incision points that may still be healing.
8. If treatment was done on hair-bearing areas, shaving should only be done with an electric razor for the first week.
9. Burns and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve.
10. Only take prescribed pain medication or Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. Other pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) are great for swelling and pain, although they do thin the blood and may increase bruising. If you are prescribed a narcotic pain medicine such as Norco, **DO NOT TAKE ACETAMINOPHEN (TYLENOL) SIMULTANEOUSLY**. Take all antibiotics unless instructed otherwise.
11. Do NOT drink alcohol for several days as instructed by the doctor after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting and/or bruising.
12. Remember, although the skin has initially healed, it takes 3-6 months before any changes in skin tightening can be perceived AND twelve months before final results in skin tightening can be appreciated.
13. If you experience any questions or experience fever, chills, drainage, discharge, or extreme discomfort, please call 260-436-6898(NUYU). If you are calling after hours, the answering service will page the doctor for you.