

Beaches Facial Plastic and Nasal Surgery Center

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Renuvion

These guidelines may vary based on your individual medical history, the surface area (s) treated and with any combination therapies.

Rest for the first 12-24 hours. Mild daily activity for 2-3 days, then resume your normal activities as tolerated.

You may experience mild to moderate swelling, bruising and soreness for 1-2 weeks following your procedure.

You may feel excess gas in your tissues (subcutaneous air), this is normal and will subside in 2-3 days. If you have any concerns contact your physician.

You may apply ice to the area every hour for 15 minutes for 3 days.

For the neck procedures, sleep with head of bed elevated 30 degrees and keep neck extended with neck or towel roll.

Drainage from your incisional sites may occur following your procedure. It is recommended to change your dressings every 4-6 hours as long as you are having drainage. Wash incisional sites with warm soap and water. Drainage should subside in 24-72 hours.

If a compression garment is used, you should wear it as instructed by your physician. If the garment is not fitting properly, contact your physician.

Diet as tolerated. Drink plenty of fluids to stay hydrated.

Only engage in massage if instructed to do so by your physician.

Avoid direct exposure to sunlight until surgical area is completely healed. Apply sunscreen as directed.

Call the office if you notice any signs or symptoms of distress or infection, such as: shortness of breath, redness, unusual bleeding, increased pain, marked increase in swelling, skin that is warm/hot to the touch or fever of above 101.

Follow any medication instructions given to you by your physician.

Keep your follow-up appointment: _____