

lachelé

AESTHETICS & WELLNESS

Avéli Pre Treatment instructions

Avéli is a Targeted Verifiable Subcision tool used to release fibrous tissue beneath cellulite dimples, reducing the appearance of cellulite in the buttocks and thigh region. This is a one and done treatment used to address cellulite from the root cause.

Before your appointment:

- **Avoid taking anticoagulants (blood thinners) for 7 days prior to treatment**, if medical condition allows. **Avoid herbal teas and supplements such as fish oil, vitamin E, and multivitamins.** Also **avoid** the use of NSAIDs such as **Motrin, Advil, Aleve and Ibuprofen.** Notify your provider if you are on any type of prescription anti-coagulant therapy (Coumadin, Xarelto).
- **Let your medical provider know if you have any of the following:** coagulation disorders, active skin infections, tumors, uncontrolled diabetes, pregnancy, uncontrolled hypertension, severe anemia.

Day of your appointment:

- Bring tightspandex/spanx/yoga pants to wear home after your treatment.
- Do not apply any lotions, oils, or self-tanners to the treatment area. Keep the area clean.

What to expect during the appointment:

- The treatment area will be numbed by an infusion of anesthetic agent to help minimize pain. **Your provider must alerted if you have any allergy to anesthetics such as lidocaine.**
- Small entry points will be made and covered post treatment.
- You may feel a tugging/pulling sensation as the treatment is being performed.
- Treatment duration varies depending on how many dimples are being treated. Most treatments take anywhere between 45 minutes- 1.5 hours.

Frequently Asked Questions :

Q: How do I care for the treatment area?

A: You may experience some swelling and weeping from the area for the first 24-72 hours as your body excretes the numbing agent and lymphatic fluid in the area. You will go home with gauze and steri strips over the incision sites, and can continue to change out the gauze until weeping stops. Some patients find using ice packs to be helpful with swelling and discomfort. Apply sunscreen over insertion points during the first month post-treatment if the area is not covered by clothing.

Q: Is there downtime after the procedure?

A: This procedure has minimal downtime with most patients returning to normal activities within 24-48 hours. We do recommend avoiding strenuous activities/workouts for the first 2 weeks to provide enough time for the area to heal.

Q: Are there any side effects?

A: Most common side effects are mild pain within the first 24 hours, swelling, bruising, and tenderness to the touch which typically resolves within 30 days. Ice packs may be used along with Tylenol or Advil for pain/tenderness. Other side effects include weeping for the first 24-72 hours as your body excretes the numbing agent as well as lymphatic fluid in the area. A small percentage of patients experience numbness in the area that typically resolves by 60 days post-treatment. Small areas of firmness are to be expected. These areas are desirable for correcting depressions that previously existed. If the areas are slow to improve, perform firm massage with your fingertips for a few minutes/day until resolved.

Q: How long do I need to wear compression for?

A: Wear your compression clothing as much as possible for the first two weeks post-procedure to help reduce bruising and swelling.

Q: When will I see improvement in my cellulite?

A: Many patients see improvement once the swelling and bruising subsides. This can be as early as two weeks with the majority of patients seeing results at 4 weeks post-treatment and continuing to see improvement for up to 3 months.