

lachele

AESTHETICS & WELLNESS

Embrace Post Treatment Instructions

- The treatment **area will have dressings and/or a pressure garment to be removed in 48 hours**. According to the physician's instructions, **wear the garment in the evening and while sleeping for at least two weeks** or until swelling subsides. The garment ideally should be worn for **12 hours per day for the first two weeks**.
- **Wound care:** Let soapy water wash over the incision sites (*do not scrub*) then **apply antibiotic ointment** to the incision points **twice daily for one week** while the skin is healing after initially removing the pressure garment. Tiny scabs may appear during the healing process. **Please do not pick at the scabs.**
- Cleanse the treated areas gently with a **mild cleanser and water after 48 hours**. Do not use any alcohol-based products or toners on the skin. **Avoid the following** cosmetic products until the skin is fully back to baseline: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, and Ascorbic Acid (Vitamin C)**. Use hydrating moisturizers and our recommended Alastin Skin Nectar or Plated to recover.
- 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. There may be discomfort in the days to weeks following the procedure. Bruises occur in some people and last 1 to 2 weeks, **Bruises 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.**
- **Limit physical activity and exposure to excessive heat** (saunas, hot tubs, UV lights, sun tanning, sun beds, bonfires, indoor fires, etc.) for at least 2 weeks.
- 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.
- Makeup 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.
- Facial shaving should only be done with an electric razor for the first week.
- Crusting of the area and changes in pigmentation are rare, although may occur. If you notice small white bumps, they may take a few weeks to resolve. **Please call your physician immediately if you are experiencing burns or blistering.**
- **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.*) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinner.
- **Do NOT drink alcohol for several days post treatment** as instructed by the physician after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting and/or bruising.
- 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.
- **If you experience any questions or experience fever, chills, drainage, discharge, or extreme discomfort, please contact the office.**

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com