

lachele

AESTHETICS & WELLNESS

EndoLift Post Treatment Instructions

POST TREATMENT EXPECTATIONS

Most patients will have erythema (*pinkness/redness*) and swelling that can last from a few minutes to a few hours.

Some patients may experience warmth for up to a few hours after the treatment, as deep tissue retains heat longer.

Some patients may feel tenderness or numbness in the treated areas. Bruising may also occur. This is temporary and will resolve with time.

POST TREATMENT INSTRUCTIONS

To ensure the best results and a smooth recovery, it is essential to follow all the prescriptions and guidelines provided by your provider.

Aftercare recommendations:

- **Reduce physical activity and avoid strenuous exercises** for the first **24-48 hours**.
- **Hydrate!** Drink at least 8 glasses of water per day.
- **Please avoid direct exposure to sunlight.** If you must go outside, apply a broad-spectrum sunscreen with SPF 30+. We recommend the **Elta MD Sunscreens**, sold in our offices. Reapply every 2 hours.
- **Avoid** the following cosmetic products **for 1 week post** treatment: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, other exfoliants, and Ascorbic Acid (Vitamin C).**
- **Massage** the treated area in an upward motion twice a day.
- Sleep on your back if possible, so skin will heal in an appropriate anatomical position.
- Use mild, non-irritating skincare products. A good gentle cleanser and moisturizer will do. We recommend the **SkinMedica Facial Cleanser** and **La Chelè Moisture 150**, both sold in office.
- If you notice unexpected pain, swelling, or other concerning symptoms, contact your physician immediately.