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AESTHETICS & WELLNESS

Bodytite/Facetite Pre Treatment Instructions

- Please arrive to your scheduled appointment with clean skin. There should be no lotion, make-up, perfume, and powder or bath/shower oil present on the skin in the area to be treated. Also, have your hair tied back if possible and remove all jewelry or piercings.
- In the weeks prior to your procedure avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Please advise with our front desk staff if you plan to receive prescriptive medication prior your treatment. A driver consent form must be signed and you must have a ride available to take you home after your procedure.
- If you have a history of Herpes Simplex (cold sores), please inform the staff prior to your treatment for a prophylactic anti-viral prescription to be called in.
- Avoid taking anticoagulants for 14 days before treatment, including aspirin and fish oil, if medical condition allows.
- Please contact our office to discuss any of the following contraindications to your procedure, including those listed below:
 - Pacemaker or internal defibrillator
 - Superficial metal or other implants in the treatment area*
 - Current or history of skin cancer, or current condition of any other type of cancer, or pre malignant moles.
 - History of any kind of cancer*
 - Severe concurrent conditions, such as cardiac disorders
 - Pregnant or nursing
 - Impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of immunosuppressive medication

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- Patients with a history of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area, may be treated only following a prophylactic regimen*
- Poorly controlled endocrine disorders, such as Diabetes
- Any active condition in the treatment area, such as sores, Psoriasis, eczema, and rash
- History of bleeding coagulopathies, or use of anticoagulants except for low-dose aspirin
- Use of medications, herbs, food supplements, and vitamins known to alter healing within the last two weeks or Isotretinoin (Accutane)
- Facial laser resurfacing and deep chemical peeling within the last three months, if face is treated
- Any surgical procedure in the treatment area within the last three months or before complete healing
 - *Marked conditions may be treated at the discretion of the medical director/physician

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

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A E S T H E T I C S & W E L L N E S S

Bodytite/Facetite Post Treatment Instructions

- 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 mild soap such as Cetaphil or Cerave and water after 48 hours. Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate the area.
- 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 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.
- Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 weeks.
- 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.

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Bodytite/Facetite Post Treatment Instructions

- 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.
- Facial shaving should only be done with an electric razor for the first week.
- Burns, crust, blisters and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve.
- 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 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.
- 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.

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