



Medicine of Cosmetics

After Care for Mesotherapy (Lipodissolve) Treatments

WHAT TO EXPECT:

- The treatment area will look pale due to the local anaesthetic used and will feel numb.
- There can be some redness, stinging and burning within 15 minutes to 2 hours after treatment and later swelling and bruising which peaks between 6-72 hours.
- Should any redness or a small limp be experienced, use warm compresses several times a day. You may experience several post-inflammatory nodules. These indicate ongoing fat necrosis (a good thing.....) these will disappear within 30 days.
- Results from treatment can often be noted about 4-5 weeks after your last treatment depending on your metabolism and body type.
- Evidence of milk skin retraction may begin to appear at 10-14 days post-injection. This improvement may be more evident in a photograph than in your own estimation.
- Inflammation will be present up to 4 weeks after treatment, which will limit any visible result.
- The inflammatory response continues and you may not see the final result for up to one year.

AFTER CARE:

- Immediately following the procedure, ice should be applied to the area and may be applied as needed to reduce swelling for the first 48 hours.
- Do not wash or take a shower for at least 4 hours after treatment.
- Arnica gel can be applied three times a day for 48 hours to resolve bruising.
- Do not take anti-inflammatories (aspirin) or Vitamin E for 24 hours after injections. You can use painkillers (paracetamol) for any discomfort.
- Hot tubs, saunas, Jacuzzis and massages are not recommended for 48 hours after treatment. After 48 hours, these ARE recommended to assist in healing.
- Avoid direct sun exposure, tanning beds for two weeks post treatment.
- Massage the treated area for about 15 minutes per day for two weeks after treatment to aid the process of fat elimination.
- Walking 20-30 minutes daily during the course of treatment will aid in effectiveness. Avoid strenuous exercise for 48 hours.
- Drink lots of fluids (water) for the first 24 hours.
- Avoid alcohol to facilitate hepatic handling of toxins.

ADDITIONAL VISITS:

- Make a follow-up appointment for 4 weeks. If you are having more than one body part treated simultaneously, make an appointment in two weeks alternately.

Failure to follow the above advice will result in less than desired results.

If you have any question or concerns please call Medicine of Cosmetics on 0421 952 996.