

Dr. Robert Fante
Dr. Tara Goecks
Fante Eye & Face Centre
3900 E Mexico Ave, Suite 510
Denver, CO 80210
303-839-1616

Post-Treatment Instructions

ALLURA®

- **VERY IMPORTANT:** If you have excessive bleeding, pain, drainage that appears like pus or a fever greater than 101.5, call the office at 303-839-1616.
- Following the procedure, a family member or friend must drive you home. You may resume driving when you feel you are able; however, do not drive while taking prescription pain relievers.
- **ICE PACKS:** A significant amount of bruising can accompany liposculpture. The use of cold or ice packs can help to reduce swelling, bruising and pain. **Use caution and do not apply ice directly to the skin.** You have decreased sensation in the area treated and all precautions should be taken to avoid a burn from the ice. Wrap the ice pack in a cloth and then apply to the skin. Do not use the ice if it feels too uncomfortable. The swelling and bruising will go away within several weeks.
- **DIET:** If you have post procedure nausea, carbonated soda and dry crackers may settle the stomach. If liquids and bland foods are tolerated, proceed to a normal diet.
- You are advised against **all** smoking for the first 10 days after the procedure as smoking reduces blood flow to the skin and can decrease healing.
- Do not drink alcohol until you have stopped taking the prescription pain pills, as the combination of alcohol and pain pills can be dangerous.
- **COMPRESSION GARMENTS PRESCRIBED:** Yes No
 - If you have been prescribed a compression garment, it should be worn for two days, 24 hours a day, and then for the next one to two weeks at least 8 hours a day. Feel free to remove the garment temporarily for laundering and showering. The extra pressure this garment provides helps reduce swelling and discomfort.
 - Additional instructions:

- You may shower or bathe the day after the procedure. You may have 'red-colored' drainage on the dressings. This is normal. Take the dressings off and put bandaids on the incision sites as needed, or follow the instructions provided by your doctor. Drainage will subside in the first 24-48 hours.
- If you like, you may have a gentle massage during your post-treatment course, **STARTING ONE WEEK FROM YOUR ALLURA TREATMENT DATE.** This will assist in relieving your post procedure swelling.
- **POST-PROCEDURE VISITS:** Follow the schedule of post procedure appointments. Your next follow-up appointment is in one week:_____. Your sutures will absorb and do not need to be taken out. (date)
- Protect any bruised areas from the sun until bruising completely fades. Also take care to protect fresh scars from the sun.
- **ACTIVITY/SPORTS:** You must start walking immediately. You may continue the activities of daily living as you feel able. Do not return to strenuous activities or aerobic exercise for 2-4 weeks. This is to avoid bleeding, bruising and swelling. The doctor will give you clearance to increase your activities according to the progress of your recovery.
- You may resume sexual activity as your body allows with the following restriction: please reread **ACTIVITY/SPORTS** above and apply the same concepts.