



## Post Operative Instructions: Injection Lypolysis &/Or Carboxy Therapy

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**For your safety and comfort, please read the following and adhere closely to the advice given.**

**Please discuss anything you are unsure of with your Dentist.**

- If you experience unexpected or undesirable post-operative symptoms that persist for longer than 48 hours or develop over time, contact your Dentist immediately.
- Always return for your scheduled follow-up appointment, even if you are satisfied with results.
- While most regular daily activities are fine to resume immediately after the procedure, it is advisable that:

### For 24 Hours, Do not:

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- Wash your face with anything except warm water
  - Apply make-up & DO NOT touch your face at all for at least 2 hours
  - Go swimming, take a bath for 4 hours after the procedure
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### For 2 Weeks, Do not:

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- Have any other facial procedures performed
  - Use anti-inflammatories like Nurofen (Ibuprofen)
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### Do the Following:

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- Expect temporary side effects from the injections which may last several days, weeks or months, eg. swelling, bruising, redness, itching, burning, numbness, hard lumps
  - You may use mild analgesics like aspirin and paracetamol if needed and intermittent, light ice application for any swelling
  - Apply ice for 10 minutes, every 30 minutes, for the remainder of the day
  - Attend a review appointment with your Dentist within 7 days of the procedure
  - Contact your Dentist immediately if you experience any unexpected pain, discolouration of the skin or other issue such as difficulty breathing, swallowing or smiling
  - Use SPF 30+ broad-spectrum sunscreen daily and LIMIT sun exposure
  - Have at least 3 treatment sessions of lipolysis, spaced 8 weeks apart and have at least 8 sessions of Carboxy Therapy spaced 1 week apart to achieve optimal results
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