

AccuTite / FaceTite / BodyTite Instructions

Before Treatment

- Avoid skin irritation or intentional skin tanning.
- Sunscreen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Arrive for treatment with clean skin. No lotion, makeup, perfume, powder, oils, etc. should be present on the skin in the area to be treated.
- Arnica and Bromelain may be taken 3-5 days before your procedure and continued for 3-5 days after your procedure to minimize bruising and swelling. These can easily be found at your local pharmacy or ordered online. Below is the link to order each of these supplements from Vita Medica at www.vitamedica.com.
- For lower face and neck procedures, compression wear is highly recommended. This will be provided for you following your treatment.
- For abdominal or lower body procedures, Marena makes excellent, comfortable compression wear. Over the years, we have found that patients are more likely to comply with compression wear if it is comfortable and easy to wear. A link is provided below, but you may purchase a compression garment that most closely fits your needs.
 - <https://marena.com/products/sfbhs2-compression-girdle>
- If you take any narcotics or sedation for the procedure, you must have a ride available for after the procedure.

Possible Side Effects

- Side effects are rare and transient, but may include any of the following:
 - Mild Stinging or Burning sensation.
 - Excessive skin redness (erythema) and/or swelling (edema).
 - Damage to natural skin texture (crust, blister, burn).
 - Hyperpigmentation or Hypopigmentation.
 - Scarring.
 - Infection.
 - Nerve Injury, resulting in a temporary change in your smile or facial expression, numbness, or tingling in the treated area.

After Treatment

- Treatment areas will have dressings and / or a pressure garment which may be removed in 72 hours. Wear the garment in the evening and while sleeping for at least 2 weeks or until swelling subsides. The garment should ideally be worn for 12 hours per day for the first 2 weeks.
- You may shower after 48 hours. Clean incision sites or access points with antibacterial soap and apply a thin layer of antibiotic ointment twice daily for one week. Do not scrub or pick at your incisions while they are healing.
- For facial procedures, avoid drying or irritating facial products (Retinol, Glycolic Acid, Salicylic Acid) for 3 weeks following your procedure.
- Although rare and temporary, redness and swelling may persist up to 3 weeks and are a considered normal.
- Bruising may occur in some patients and last 1-2 weeks.

- Some patients may experience a burning, tingling, or tightening sensation in the treatment area for up to 3 months.
- Limit physical activity and exposure to excessive heat (including proximity to fires and UV light) for 2 weeks.
- For face and neck procedures, elevate your head by sleeping in a recliner or on several pillows for 2-3 days. This will help minimize swelling.
- A soft diet is recommended for the first 48 hours.
- Cosmetics may be applied 72 hours after your procedure.
- Avoid incision points that are still healing.
- If treatment was performed on hair-bearing areas, shaving should only be performed with an electric razor for the first week.
- Burns and changes in pigmentation are rare, although they can occur. If you notice small, white bumps, these may take a few weeks to resolve.
- You may take Tylenol for pain relief following your procedure. Please do not take Aspirin or NSAIDs (Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc), as these can thin the blood and cause excess bleeding or bruising.
- Take all antibiotics unless otherwise instructed.
- Avoid alcohol for 5-7 days following your procedure. Alcohol can negatively affect wound healing and can also cause excess bleeding or bruising.
- Please remember that although the skin has initially healed, it takes 3-6 months before any changes in skin tightening can be perceived and 12 months before final results can be appreciated.
- If you have any questions or experience fever, chills, drainage, discharge, or extreme discomfort, please call (307) 699-3115.