



13431 Old Meridian Street  
Carmel, IN 46032  
Phone (317) 571-0756 Fax (317)571-0820

## MESOTHERAPY POST-OP INSTRUCTIONS

### **1. On day of treatment:**

- On the day of treatment, drink plenty of fluids. The best thing to drink is un-carbonated water. A high protein diet is also recommended.
- When coming for treatment, make sure to wear loose, comfortable clothing. Be prepared to wear a compression garment home.
- In case of pain: Please take over-the-counter Tylenol or the prescribed medications given for preoperative pain relief.
- Confirm you have discontinued all blood thinners i.e. Aspirin, NSAIDS, Vitamin E, approximately 7-10 days prior to the treatment.
- If you are allergic to soy products, currently pregnant, or have uncontrolled hypertension you would not be a candidate for this treatment.
- **You must have a driver following the use of narcotics or relaxant medications.**

### **1. Following treatment, when you return home after treatment:**

- Apply ice to the treated area for one hour (leave garment intact during ice application).
- After ice application, remove garment and use home massager for 10 minutes to each treated area.
- Place garment back on after massage for compression.
- Continue to apply ice for 20-30 minutes to treated area for first 72 hours.
- Continue to massage to the treated area 2-4 times a day, 10 minutes to each area, for 3-4 weeks following the treatment.
- Please wear the compression garment for 2 weeks after the treatment

### **2. Up to 1 week after treatment:**

- Avoid direct sunlight with tanning beds or outdoor sunlight exposure. No sunlight exposure for 4-6 weeks after treatment.
- Swimming and baths at home should be avoided for the first week. Showering is no problem.
- No exercise for the first 3 days after the treatment.

#### 4. General recommendations:

- The fat-reducing treatment offers an ideal starting point for changing your lifestyle. Use the treatment to change your eating habits and the increase exercise. The change with eating habits and exercise will enhance the effects of the lipolysis treatment.
  - A low carb, high protein diet is recommended. Drink plenty of un-carbonated water and avoid alcohol
5. Expect to have swelling, bruising, sensitivity to pressure, reddening (skin irritation), and itching for approximately one week. Areas of the face may have increased swelling and bruising. In some cases, nodules to the skin may occur but will resolve over time.
  6. The post-operative results will be gradual, but improvement should begin to appear at approximately 2 weeks following the procedure.
  7. In some cases, this treatment may cause light diarrhea or may start breakthrough vaginal bleeding.
  8. Hyperpigmentation or discoloration to the skin may occur after the procedure for the first 3 months. Hyperpigmentation is transient and will resolve in most cases.
  9. NO smoking is recommended. Smoking can decrease the blood flow to the area affecting the result. One cigarette will decrease the blood flow to the area by 30%.

Treatments may be given at intervals of 4–6 weeks depending on the area. You may return to the office to have a different area treated within 2 weeks, but for the same treatments to receive desired outcome.

#### **CALL THE OFFICE OR THE PHYSICIAN ASSISTANT FOR**

- (A) Increasing pain or excessive swelling in a single area.
- (B) Increase in temperature > 101.5–102.
- (C) Chills.
- (D) Drainage from the injection site

**\*\*Any concerns you have regarding your incisions or general post-op recovery call the office\*\***