

CELLFINA

What to expect before and after procedure

Before your procedure:

- This procedure is done to remove “dimples” or “cellulite” areas typically on the thighs and buttocks.
- This procedure is done in our Operating Room.
- You will require a 1-hour Phone Pre-operative appointment prior to procedure to prepare.

After your procedure:

- We will ask you to bring Spanx with you to the O.R.to wear after the procedure. If you are unable to do so, we will put a Compression Garment on you. There will be a fee charged for the garment.
- There will be dressings under the garment to absorb some of the blood-tinged fluid that accumulates.
- You will be given instructions as to how long to wear the Spanx or Compression Garment after the procedure.
- Sponge bathe only after your procedure until your Physician gives you permission to shower.
- Bruising, swelling, and achiness is **NORMAL**. The treatment area will be tender to the touch.
- Tylenol 500mg, one or two pills, every 4 to 6 hours can be taken for discomfort.
- You will be given a post-op appointment in the days following your procedure.

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____