



Dr. Jaclyn A Klimczak, MD



## Facial Plastic Surgery

### POST TREATMENT INSTRUCTIONS AFTER FACETITE/ACCUTITE

#### PRETREATMENT CONSIDERATIONS:

- Schedule your treatment at a time when minor swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary.
- To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider.
- Alcohol is also to be avoided 24 hours pre- or post-treatment, as it is also a blood thinner.
- **DO:** consider taking Arnica Montana natural supplement to help bruising
- **DO:** notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to treatment
- **DO:** arrive to your appointment with a clean face. Any makeup will be removed, and the face cleaned prior to treatment. Men should be cleanly shaved for best results.
- **DO:** Cancel your appointment if you have any open sores in the treatment area. It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- **DO NOT:** use sun-tanning or self-tanners 4 weeks prior to treatment. This includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- **DO NOT:** use topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, or any "Anti-Aging" products for 1 week prior
- **DO NOT:** wax, bleach, tweeze, or perform hair removal cream on the area to be treated for 1-2 weeks prior
- **DO NOT:** take anticoagulants (aspirin, mobic, ibuprofen, naproxen) for one week if medical condition allows (a medication to avoid list will be provided)
- Any procedure introduces the risk for infection. For this reason, the following is taken into consideration when proceeding with treatment. We will delay FaceTite/AccuTite if you:
  - Have had any infection, cold, virus, or flu in the past 30 days.
  - Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.
  - Have had any immunizations in the past 30 days or if you're anticipating immunizations.
  - Have had any tattooing or permanent makeup within the past 30 days.
  - Take any immunosuppressive/injectable medications (ex: Biologics such as Humira, Skyrizi, Stelara, Enbrel, Taltz, Cosentyx, Tremfya).



Dr. Jaclyn A Klimczak, MD



## Facial Plastic Surgery

### POST TREATMENT INSTRUCTIONS AFTER FACETITE/ACCUTITE

#### WHAT TO EXPECT:

- Immediately after your treatment most patients will experience some face and neck swelling that may worsen between days 3-5. Don't worry it will! This will get better over the next week
- Bruising will become more obvious as anesthetic wears off.
- The dense numbness from the anesthetic will resolve but residual numbness is to be expected and will continue to recover over the next few weeks. Some patients may take up to 6-12 months for numbness to resolve
- Skin may feel warm and tighter than usual, the contraction of the skin will continue over the next 6 months and may not be obvious initially.
- Tenderness over the face and neck. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months.
- You should notice several small (1cm or so), firm lumps on your face and neck especially. These are caused by the heating treatment and is an indication of future tissue contraction. Think of them as 'spot welding'. The more you have, the better the result. They will all disappear in time over the ensuing 3-6 weeks

#### POSTCARE INSTRUCTIONS:

- **DO:** take antibiotics as prescribed
- **DO:** keep any dressings in place for the first 24 hours, these will be changed by your physician at your Day 1 postoperative visit
- **DO:** use Tylenol as needed to reduce any pain
- **DO:** Cleanse the treated areas gently with mild soap such as Cetaphil or Cerave and water after 48 hours. Before 48 hours, sponge bathe only.
- **DO:** sleep elevated the first 24 hours after treatment to reduce swelling
- **DO:** use **COOL** compresses over the eyes in the first 24 hours (do not use direct ice) to reduce swelling
- **DO:** use SPF 30 (recommended ZO Obagi Smart Tone sunscreen) 24-48 hours after treatment
- **DO:** Make-up may be applied after 72 hours to cover the redness or bruising, avoid the incision sites while they are healing, even when scabs appear and do not pick at the scabs.



Dr. Jaclyn A Klimczak, MD



## Facial Plastic Surgery

### POST TREATMENT INSTRUCTIONS AFTER FACETITE/ACCUTITE

- **DO:** wear your face/neck support bandage that was given for **2 weeks** for at least **12 hours**. And up to **4 weeks** if you can. The more you stick to this the better the result
- **DO:** use only lukewarm water with **NO** soap to clean the face in the **first 24 hours**. After 24 hours you can start using a gentle cleanser

.....**DO NOT**.....

- **DO NOT:** itch, massage, or pick around the treatment site. This is normal and generally disappears within a few days. Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching
- **DO NOT:** drink alcohol for 24 hours after treatment
- **DO NOT:** apply or engage in activities where intense heat is over the area--sunbathing, tanning, saunas, hot tubs, or hot wax.
- **DO NOT:** engage in yoga or other rigorous exercise activities for 2 weeks
- **DO NOT:** get any skin care treatments (drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) or lasers for 4 weeks or until cleared by your physician
- **DO NOT:** sleep on your side or stomach for 24 hours post-treatment to prevent increase in swelling. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- **DO NOT:** take Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 1 week since this may increase the risk of bruising. You may shower and do most other regular daily activities.
- **DO NOT:** apply makeup for at least 72 hours after treatment or until redness/crusting has faded and incisions are healed
- **DO NOT:** go in the sun after treatment until redness/swelling resolves to reduce the chance of hyperpigmentation (darker pigmentation).
- **DO NOT:** shave the face in the first week or until cleared by your physician
- **DO NOT:** immerse incisions in any kind of water (e.g. bathtub, whirlpools, hot tubs, swimming pool, ocean/lake/river) until 4 weeks after procedure



**Dr. Jaclyn A Klimczak, MD**



**Facial Plastic Surgery**

**POST TREATMENT INSTRUCTIONS AFTER FACETITE/ACCUTITE**

Remember, although the skin has initially healed, it takes a minimum of six weeks before any changes in skin tightening can be perceived and twelve months before final results in skin tightening can be appreciated. You will notice immediate as well as longer term improvements in your skin. The time for skin cell turnover is 28 days so most people will begin to see increased results after this time.

**PLEASE REPORT TO THE CLINIC OR CALL IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS:**

1. Temperature elevation
2. Sudden swelling or discoloration
3. Excessive Bleeding
4. Blisters
5. Discharge from the wound edges or other evidence of infection
6. Development of any drug reaction
7. Severe Pain not responding to pain medications

**Finally, please contact us at should you have any questions at the following number:**

Telephone: (561) 939-0900

**I certify that I have been given a copy of these instructions**

**Patient name:** \_\_\_\_\_

**Relationship to patient:** \_\_\_\_\_

**Patient Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Witness:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_