

AQUALYX INJECTIONS

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Pre-Treatment Care

- Please do not wear makeup to the clinic: if worn, please remove prior to treatment.
- To minimise the risk of bruising:
 - Avoid Ibuprofen, Nurofen Aspirin and anti-inflammatory medication for a week before the procedure.
 - Avoid alcohol for 24hrs prior to your treatment.
 - Make sure you discuss with your Doctor/ Nurse any bleeding tendencies and current medications being used.
- Get a good night's sleep before the procedure.
- Eat a light meal (breakfast or lunch) the day of treatment prior to the appointment.
- Drink water and keep your body hydrated.
- You may take paracetamol half an hour before the procedure. If necessary, to minimise discomfort, topical anaesthetic cream may be applied 10 minutes before treatment, please discuss this with your doctor / nurse.

Post-Treatment Care

- Although the treatment is well tolerated by most patients, you may take paracetamol for any discomfort. It is advised to NOT take aspirin or aspirin –containing medication for 24 hours after treatment.
- After the treatment there may be slight redness, swelling, tenderness, itching and burning sensations, feeling of pressure, minor aches and pains - pain can remain for a few weeks.
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. sauna, solarium and sunbathing).
- Do not use any lotions, creams, or make-up (Mineral make-up may be applied immediately following the procedure) for at least 12 hours after your treatment.
- Drink water and keep your body hydrated.
- Alcohol should be avoided for 24 hours after treatment.
- Avoid strenuous activities and exercise for 4-5 days following treatment. You may otherwise resume normal activities.
- Do NOT Rub or Massage the area for 7 days, thereafter, light massaging can be carried out to even out any lumpiness.
- Finally, a course of treatment is required for optimum result. It can be anywhere from 2 to 8 sessions depending on the area treated.

Protocol for resolving bruising and swelling

- Arnica cream: Available in Boots, apply generously before going to bed, will help resolve bruising.
- Wearing a compression garment can help with the swelling (and results).

If you experience persistent or increasing swelling and redness that might indicate infection, or bruising that is more than average, please contact us.