

Aveli Instructions

The overall results of Aveli treatment may take some time to be visible, due to the healing process. After treatment, the healing process results in fluid accumulation within the released areas and is a desired consequences of the treatment. This leads to the new tissue formation necessary to lift and smooth the dimples. The transition from fluid to more solid tissue may result in a feeling of firmness or hardness under the skin, which should diminish with time.

After Treatment

Activity

The time to resume your normal activity varies. You may feel sore for the first couple days. It is best to begin your daily routine as soon as possible. Light physical activity is allowed in the first 2 weeks, but extreme physical activity should be avoided during this time. Avoid any activities that cause significant pain or discomfort. Refrain from entering bodies of water such as the ocean, lakes, pools, and hot tubs for at least one week or until puncture sites are healed.

Medication/Supplements

Discomfort varies from person to person and can depend on the number of dimples treated. Most patients have good pain control with the use of over the counter pain medication like Tylenol. It is ok to take Arnica Montana (supplement) the day after your procedure to help clear bruising faster.

Garment

You will go home in a black Spanx/leggings. Please bring these with you to your treatment appointment. Plan to wear these for 2-3 days.

Showering

You may shower the day after your procedure.

1. Keep puncture sites clean by washing daily with soap and water while in the shower.
2. Once clean, apply Vaseline or provided antibiotic ointment to sites each day until closed. Typically, 2-4 days.

3. You can then place a Band-Aid or piece of gauze over the puncture sites to protect them from rubbing against compression garment.
4. Reapply compression garment.

Swelling & Bruising

Expect to have moderate amounts of swelling and bruising. Swelling can take up to 3-6 months to dissipate. Bruising can take up to 2-3 weeks to fade. If you experience excessive swelling accompanied by excessive bruising or pain, especially on one side, please call our office.

Bleeding

It is normal to have oozing (drainage) from the sites. The drainage is usually a thin bloody fluid that should gradually decrease over the next 24 hours. Gauze or Maxi pads can be used to soak up this drainage over the sites as needed.

Long Term Care

- Numbness, contour irregularities of the skin, itching, or a mild crawling feeling are normal in the treated areas. This typically resolves in several weeks but can last even a few months until sensation returns to normal.
- Avoid direct sunlight to the puncture sites for at six months. Use a sunscreen with a SPF of 30 or greater to help decrease the visibility of the scar.
- At around one week, or as soon as you have less discomfort, you may begin massaging the treated areas to encourage lymphatic drainage, increase range of motion, and decrease skin irregularities or firm areas. Warm compress can be applied at this time to help clear bruising.

Call our office if you experience any of the following:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from an incision site.
- Persistent nausea and/or vomiting.
- Rash, hives and or itching.
- Increasing swelling.
- Any other concerns.