

Elite Plastic Surgery

ROZBEH TORABI, MD ■ RADBEH TORABI, MD ■ KRISTA SINCLAIR, FNP-C, RNFA
Phoenix | 10910 N. TATUM BLVD, SUITE B-100, PHOENIX, AZ 85028 | Tel: (480) 291-6895 | Fax: (480) 948-3750
Chandler | 1120 S. Dobson Rd. Chandler Suite 110, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

RENUVION

Suggested Post-Procedure Guidelines

These guidelines may vary based on your individual medical history, the surface area(s) treated and with any combination therapies.

1. Rest for the first 12-24 hours. Mild daily activity for 2-3 days, then resume your normal activities as tolerated.
2. You may experience mild to moderate swelling, bruising and soreness for 1-2 weeks following your procedure.
3. You may feel excess gas in your tissues (subcutaneous air), this is normal and will subside in 2-3 days, if you have any concerns contact your physician.
4. Do not apply ice or heat to the surgical area(s).
5. For neck procedures, sleep with head of bed elevated 30 degrees and keep neck extended with neck or towel roll.
6. Drainage from your incision sites may occur following your procedure. It is recommended to change your dressings every 4-6 hours for as long as you are having drainage. Wash incision sites with warm soap and water. Drainage should subside in 24-72 hours.
7. If a compression garment was used, you should wear as instructed by your physician. If the garment is not fitting properly, contact your physician.
8. Diet as tolerated. Drink plenty of fluids to stay hydrated.
9. Only engage in massage if instructed to do so by your physician.
10. Avoid direct exposure to sunlight until surgical area is completely healed. Apply sunscreen as directed.

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11. Call the office if you notice any signs or symptoms of distress or infection, such as; shortness of breath, redness, unusual bleeding, increased pain, marked increased in swelling, skin that is warm/hot to the touch or a fever of above 101F.
12. Follow the medication instructions provided in the other postoperative instructions.