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CELLFINA PRE & POST CARE INSTRUCTIONS

BEFORE YOUR TREATMENT:

- You will be prescribed **Keflex** (or other antibiotic if allergic to Keflex) you will start taking this medication one day prior to your treatment and will continue for entire course after treatment
- Prior to and after the procedure you can take **Tylenol** for discomfort - You can take 2 Extra Strength Tylenol Every 6 hours as needed, not to exceed 3 g in one day.
- Avoid blood thinning medications (aspirin, ibuprofen, vitamin E, Aleve etc.) for 14 days prior to your procedure.
- Please try to limit your smoking and alcoholic beverages before & after the treatment as smoking interferes with healing.

AFTER YOUR TREATMENT:

- You will be leaking from your incision sites for the first day post-operatively. This is normal and should not alarm you.
- You will have bruising- this is normal and should not alarm you.
- Remove the spunks and dressings 24 hours after the procedure. Wash the area with mild cleanser and water and apply Aquaphor to the incision sites.
- Wear spunks or tight compression shorts for as long as possible during the 2-4 weeks following the procedure. This will help with swelling, bruising and discomfort.
- You may have “vacuum” marks on the skin; this is normal and should not alarm you.
- No strenuous activity for 1-3 days post treatment. Walking is encouraged, but any activity that will cause you to sweat should be avoided for three days.
- Do resume your regular diet and drink lots of fluids.
- Notify the office if you have a temperature greater than 101 degrees F, drainage becomes bright red, if you have difficulty speaking, ringing in the ears, tremors or tingling around your mouth

If you have any questions or concerns, please call the office at 203-635-0770.