

Cellfina Pre Procedure Instructions

- Discontinue, if medically feasible, any drugs or dietary supplements that could prolong bleeding at least fourteen (14) days prior to your procedure.
- Prophylactic antibiotic therapy is recommended.
- Bring a pair of Spanx or similar compression garment with you on the day of your procedure to wear post procedure.

Cellfina Post Procedure Instructions

- Antibiotic regime should be continued as prescribed.
- Pain may occur during the first days following your procedure and can be controlled with common analgesics such as acetaminophen.
- Spanx or similar compression garment should be worn as often as possible for the first two weeks following your procedure.
- You may shower after 24 hours. No baths or soaking in a bathtub or hot tub for two weeks.
- Avoid physical activity for the first 24 hours following your procedure. Other normal daily activities can be resumed immediately.
- Light physical activity is allowed in the first 30 days but extreme physical activity should be avoided during this time.
- Palpable areas of firmness or softness are expected. These areas are desirable for correcting the depressions that previously existed. If the areas are slow to improve, you can perform firm massage with your fingertips for a few minutes a day until resolved.
- Call us immediately at (216) 464-7333 and ask to speak with a member of our clinical staff if you have any concerns.