

### ThermiTight Pre Procedure Instructions

- Hydrate – we recommend that for seven days pre-treatment you moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin.
- Dark hair stubble should be thoroughly removed prior to treatment as remaining stubble may accentuate shocks.
- It is recommended that you avoid treatments directly over areas containing injectable fillers and toxins for one month.
- Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30+.
- Avoid anticoagulants such as aspirin throughout the treatment regimen, if medical condition permits and pertinent to physician approval.

### ThermiTight Post Procedure Instructions

- Rest for the first 12 hours. Mild daily activity for 2-3 days, then resume your normal activities as tolerated. You may experience mild to moderate swelling and/or bruising for 1-2 weeks following your procedure.
- Ice may be applied 2 hours after your procedure to minimize swelling. Do not apply directly on skin. You may ice for 20 minute intervals and remove for at least 20 minutes between applications.
- 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.
- **If a compression garment was used you should wear as instructed by your physician. Typically, they are worn for the first 24-72 hours. ??**
- No diet restrictions, maintain a healthy diet. Be sure to drink plenty of water, to aid toxins exiting the body. Therapeutic massage is beneficial to the healing process.
- Avoid direct exposure to sunlight until surgical area is completely healed. Apply sunscreen as directed.
- Call us immediately at (216) 464-7333 and ask to speak with a member of our clinical staff if you have any concerns.