

NURA

TREATMENT  
AFTERCARE  
INSTRUCTIONS

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## AFTER FAT DISSOLVING TREATMENT

**Avoid touching the treated area:** To minimise the risk of infection, it's important to refrain from touching or rubbing the injected area for at least 24 hours after the procedure. It is also recommended to ensure your pillow cases and towels are freshly washed.

**Minimise strenuous exercise or activities** that increase blood flow to the face for the first 24 to 48 hours after the procedure. This can help reduce swelling and bruising.

**Apply cold compress or ice packs** to the treated area for the first 24 hours as needed to help reduce swelling, bruising, or discomfort. Wrap the ice pack in a clean cloth or thin towel, and apply it for short periods at a time, with breaks in between.

**Take pain relief if necessary:** over the counter paracetamol (panadol) can help alleviate any post treatment discomfort.

**Avoid excessive heat exposure:** For 48 hours after the injections, it's best to avoid excessive heat exposure, such as saunas, steam rooms, hot showers, or prolonged sun exposure.

**Avoid consuming alcohol** for at least 24 hours after the procedure, as alcohol can increase the risk of bruising and swelling.

**Stay hydrated:** drinking an adequate amount of water helps with the healing process and overall well being.

**Keep your head elevated** while sleeping to reduce swelling. Try using an extra pillow or sleeping in a slightly upright position.

**Trust the process:** significant swelling and discomfort is completely normal for 3-5 days post fast dissolving treatment. Residue swelling may persist for up to 3 weeks.

**Follow-up appointment:** If you have any areas of concern post treatment please attend a follow up appointment at 4-6 weeks.