



Aveli™ Cellulite Treatment Post-Care Instructions:

Aveli™ is a minimally invasive procedure that targets and releases fibrous septa to reduce the appearance of cellulite. Proper post-treatment care is essential to ensure optimal healing and results. Please follow these aftercare instructions:

Immediately After Treatment:

- Mild swelling, bruising, tenderness, firmness, or soreness in the treated areas is normal and expected.
- Redness or sensitivity at small incision sites may occur and should subside within a few days.
- You may experience a sensation of tightness or firmness under the skin, which typically resolves over time.

First 24-72 Hours:

- Rest and avoid strenuous activities, especially exercises that involve the lower body (e.g., squats, lunges, running).
- Apply cold compresses or ice packs gently (15 minutes on, 15 minutes off) to minimize swelling and discomfort.
- You may take Tylenol (acetaminophen) for pain. Avoid NSAIDs (Ibuprofen, Aspirin, Naproxen) if possible, as they may interfere with the healing process.
- Keep the area clean and dry. You may shower after 24 hours but avoid soaking in baths, pools, or hot tubs for at least 7 days.

First Week:

- Continue to wear loose, comfortable clothing to avoid pressure on the treated areas.
- Avoid vigorous exercise, heavy lifting, or activities that could strain the treated tissue.
- Expect bruising and swelling to peak around days 2-5, gradually improving thereafter.
- Light walking is encouraged to maintain circulation but avoid anything high-impact.

Incision Care:

- Tiny puncture sites will heal within a few days. Keep these areas clean and avoid applying creams or lotions directly over them until fully closed.
- If dressings are applied, follow your provider's instructions for removal and care.

2 Weeks Post-Treatment:

- You may gradually return to your normal exercise routine as tolerated.
- Continue avoiding direct trauma or aggressive massage on the treated areas until fully healed.
- Residual swelling or firmness may persist up to 4 weeks.

Expected Results Timeline:

- Visible improvement in cellulite appearance begins to show as swelling subsides.
- Final results are typically seen within 1-3 months as the tissue fully heals and collagen remodeling occurs.
- Results are long-lasting, as the treated fibrous bands are permanently released.

Contact Us If You Experience:

- Severe or worsening pain.
- Signs of infection (increased redness, warmth, pus, or fever).
- Significant swelling that does not improve.
- Any unusual or concerning symptoms.