



Aveli™ Cellulite Treatment Pre-Care Instructions:

Aveli™ is a minimally invasive procedure designed to reduce the appearance of cellulite by targeting and releasing the fibrous bands (septa) beneath the skin. To ensure a smooth treatment process and optimize your results, please follow these pre-care guidelines:

1 Week Prior to Treatment:

- Avoid blood-thinning medications & supplements, unless prescribed by your physician:
 - Aspirin, Ibuprofen (Advil, Motrin), Naproxen (Aleve)
 - Fish Oil, Vitamin E, Ginkgo Biloba, Ginseng, Garlic supplements
 - St. John's Wort
- Limit alcohol intake to reduce the risk of bruising.
If prone to bruising, you may start taking Arnica montana supplements 3-5 days before your procedure (optional).

3 Days Prior to Treatment:

- Avoid applying self-tanners or undergoing spray tans on the treatment area.
- Refrain from waxing, shaving, or using depilatory creams on the area to minimize skin irritation.

Day of Treatment:

- Shower and cleanse the treatment area thoroughly; avoid applying lotions, oils, deodorants, or perfumes.
- Wear loose, comfortable clothing to your appointment.
- Eat a light meal/snack beforehand to avoid lightheadedness.
- Plan for minimal activity after your procedure; arrange for transportation if needed.
- You may take Tylenol (acetaminophen) prior to treatment for comfort. Avoid NSAIDs like ibuprofen or aspirin.

Important Considerations:

- Notify your provider if you have:
 - A history of bleeding disorders, clotting disorders, or poor wound healing.
 - Active infections, skin conditions, or open wounds in the treatment area.
 - Are pregnant or breastfeeding.
- Avoid scheduling major social events or trips within 1-2 weeks post-procedure due to potential swelling or bruising.