



PCDC Fat-Dissolving Treatment Post-Care Instructions:

After your fat-dissolving injection treatment, it is normal to experience swelling, tenderness, and bruising in the treated area. These are expected parts of the healing process and usually resolve within a few days to weeks. Please follow these guidelines to support healing and maximize results.

Immediately After Treatment (First 24–48 Hours)

- Expect redness, swelling, firmness, bruising, or mild discomfort at the injection sites.
- Apply a cold compress (not ice directly on skin) in 10–15 minute intervals to help reduce swelling.
- Keep the treatment area clean and avoid touching, massaging, or applying pressure.
- Sleep with your head elevated (if injections were in the face/neck) to minimize swelling.
- Avoid alcohol and caffeine, as they may worsen swelling or bruising.

3–7 Days After Treatment

- Swelling and firmness may persist—this is normal as the fat cells break down.
- Bruising may appear and can take up to 2 weeks to resolve.
- Avoid strenuous exercise, saunas, hot tubs, or heat exposure for 48 hours.
- Refrain from massaging the treated area unless instructed by your provider.
- You may use arnica gel or oral arnica tablets to help reduce bruising and discomfort (if approved by your provider).

Skin & Comfort Care

- Use only gentle skincare products on the area until fully healed.
- Over-the-counter acetaminophen (Tylenol) may be taken for discomfort, if approved by your provider. Avoid NSAIDs (ibuprofen, aspirin, naproxen) for at least 48 hours unless prescribed, as they may increase bruising.

- Stay well-hydrated and maintain a healthy diet to support healing and fat metabolism.

Long-Term Expectations

- Results develop gradually over 4–6 weeks as the body metabolizes treated fat cells.
- A series of treatments may be recommended for optimal results.
- Once fat cells are destroyed, they will not return, but maintaining a stable weight will help preserve results.

When to Contact Your Provider

- If you experience severe pain, spreading redness, increasing swelling after the first few days, difficulty swallowing (for under-chin treatment), or any signs of infection (fever, pus, or warmth at the site).