



PCDC Fat-Dissolving Treatment Pre-Care Instructions:

To help ensure a safe treatment experience and optimal results, please review and follow these guidelines before your PCDC (Phosphatidylcholine/Deoxycholate) fat-dissolving injection appointment.

1–2 Weeks Before Treatment

- Avoid chemical peels, laser treatments, microneedling, or other skin procedures in the treatment area.
- Discontinue use of retinoids, exfoliating acids, or other irritating skincare products at least 5–7 days prior.
- Limit alcohol intake, which can increase the risk of bruising and swelling.
- If you are pregnant, breastfeeding, or have uncontrolled medical conditions, please notify your provider before scheduling treatment.

3–5 Days Before Treatment

- Avoid taking aspirin, ibuprofen, naproxen, or other NSAIDs unless prescribed by your physician, as these increase bruising and swelling.
- Refrain from supplements that thin the blood (fish oil, vitamin E, garlic, ginkgo, St. John's Wort).
- Keep the treatment area free of sunburn or irritation.
- Maintain good hydration by drinking plenty of water daily.

Day of Treatment

- Arrive with clean skin, free of makeup, lotion, sunscreen, or other products on the treatment area.
- Eat a light meal or snack before your appointment to reduce the risk of lightheadedness.
- Do not drink alcohol or caffeine on the day of your treatment, as they may worsen bruising or swelling.

- Wear comfortable, loose-fitting clothing to avoid pressure on the treatment area afterward.
- If you have a history of cold sores (for treatments near the face), notify your provider. An antiviral may be prescribed.

Important Notes

- Inform your provider if you have any history of allergies, bleeding disorders, liver disease, or difficulty healing.
- Let your provider know about any medications you are taking, including over-the-counter supplements.
- Do not schedule this procedure within 2 weeks of a major event, as swelling and bruising are common.