

THE GROVE SPA

& BOUTIQUE

Liquid Lipo Post-Treatment

Please follow this care plan closely in order to see the best results.

On the day of your treatment:

- Redness or sensitivity might be present (and last up to a few hours).
- Use Tylenol only as needed for any soreness.
- Sleep face up and slightly elevated. This will also help with swelling.
- Do NOT, touch, press, rub, massage or manipulate the treatment area.
- Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
- Apply (over the counter) Arnica gel to the treatment area to help decrease the bruising, swelling and discomfort.
- Drink plenty of water and fluids after treatment.

Post-Treatment Care: 3-5 Days

- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Avoid Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids, Aspirin, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- Avoid cosmetic treatments such as injectables, laser, ultrasound, peels, facials or micro-dermabrasion to the Kybella treatment area.
- Please report to your provider immediately if you develop an asymmetric smile or facial muscle weakness, skin ulceration in the treatment area, difficulty swallowing or if any existing symptom worsens.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com

