

The SKIN
Collective

In case of emergency or if you have any concerns following this treatment please contact us.

It is important to follow the specific aftercare instructions provided to ensure the best possible healing and results. If you have any questions or concerns about the aftercare process, be sure to ask your practitioner for more guidance.



Intralipotherapy/ Lipolysis Aftercare

- Swelling, hypothermia of injected area, haematoma, pressure sensitivity, moderate pain and itching within the treated area is completely normal. Sometimes swelling can be quite severe and persist for quite some time depending on area treated.
- If painful immediately after treatment please do not use any pain relief other than paracetamol. 2x 500mg is the maximum dosage. No ibuprofen!
- Pressure garments must be worn for 2-3 days after your treatment if your practitioner has advised them.
- In less common cases dizziness can occur for about 2 hours after the procedure. If this occurs please do not panic, drink plenty of water and rest. Notify your practitioner if this does not subside.
- Do not apply any kind of cosmetics onto the treated area within the first 12 hours following treatment.
- Avoid immediate exposure to heat sources for 7 days (e.g, sunlight, UV-radiation, sauna) in the treated area.
- Avoid treatments using laser, cryolipolysis or radio-frequency. Please speak to your practitioner as to how long you need to leave before you resume any of these treatments (often a period of six months or more).
- Abstain from particularly demanding physical exercise for 7 days.
- Massage daily. The area will feel tender but persist with gentle circular motions for 1-2 weeks after the procedure.