

Fat-dissolving (Lipolysis / Lipodissolve) Injections

Pre and Post Care Instructions

Before Treatment

- Avoid anti-inflammatory medications or pain relievers that are blood thinners such as Aspirin, Advil, or Motrin a week before treatment
- Do not consume alcohol 24 hours prior to the treatment.

After Treatment

First 24 hours

- Expect swelling, redness, tenderness, firmness, and mild bruising — this is normal.
- Apply cold compress 10–15 min at a time if uncomfortable (avoid direct ice on skin).
- Keep the area clean; avoid touching or massaging unless instructed.
- Avoid alcohol, strenuous exercise, saunas, and hot baths.

24–72 hours

- Stay well-hydrated to support lymphatic drainage.
- Light movement (walking) is encouraged; avoid intense workouts.
- Sleep with the treated area slightly elevated if possible.
- You may take acetaminophen for discomfort; avoid NSAIDs (e.g., ibuprofen) if prone to bruising unless advised.

Days 3–14

- Swelling and firmness can persist; small nodules are common and temporary.
- Gentle lymphatic massage can start only if recommended by your provider.
- Maintain a healthy diet and regular activity to support fat metabolism.
- Avoid additional aesthetic treatments on the area until cleared.

Results & expectations

- Visible reduction typically starts in 2–4 weeks; full effect may take 6–8 weeks.
- Multiple sessions are usually required depending on fat volume and area.