

## PRE AND POST-OPERATIVE INSTRUCTIONS AccuTite / FaceTite

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office.

Please read these instructions before and after your surgery. Carefully following these guidelines will help you obtain the best possible result. Take this information with you on the day of surgery so you can begin following the instructions that day. If you have questions, do not hesitate to contact our clinic. We want you to have a pleasant and enjoyable experience.

### GENERAL INFORMATION

FaceTite and AccuTite are minimally invasive procedures that use radiofrequency energy to tighten skin and reduce fat. They are often used for facial rejuvenation, particularly for addressing sagging skin and contours in the face and neck. FaceTite is typically used for larger areas like the cheeks, jowls, and neck, while AccuTite is more precise and effective for smaller areas such as eyelids, nasolabial folds, and under the chin.

### PRE-TREATMENT PREPARATIONS:

- Avoid skin irritation or intentional skin tanning. Sunscreen is advisable when outdoors during daylight hours
- Discontinue any irritant topical agents such as retinols for 5 days prior to treatment
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated
- The following are precautions to procedure. If you have any listed below, please discuss with Dr. Praetzel or staff
  - Pacemaker/defibrillator
  - Metal implants in treated area
  - Current history of skin cancer/other cancer/ pre-malignant moles
  - Severe concurrent medical conditions (i.e. Cardiac Disorders)
  - Pregnancy or Nursing
  - Impaired Immune System
  - Diseases stimulated by light (i.e. Lupus, Porphyria, Epilepsy)
  - Skin disorders (i.e. Psoriasis, Eczema, Keloids, abnormal wound healing)
  - History of bleeding coagulopathies or use of anticoagulants in the last 10 days
  - Use of medications/herbs inducing photosensitivity
  - Fraxel laser resurfacing/deep chemical peels within the last 3 months
  - Needle epilation, waxing or tweezing within last 6 months
  - Tattoo or permanent makeup
  - Intra-dermal or superficial sub-dermal areas injected with Botox/HA/Collagen/fat injections or other augmentation methods with bio-material, before the product has been dissipated (up to 6 months), except Botox after binding to the facial muscles (3-7days)
  - Facial surgery within a year prior to treatment
  - Poorly controlled endocrine disorders, such as diabetes or thyroid dysfunction and hormonal virilization
  - History of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area (may be treated only following a prophylactic regimen)

### POST TREATMENT CARE:

After a FaceTite/ AccuTite procedure, it's important to follow specific post-procedure instructions to ensure proper healing and optimal results. This includes wearing a compression garment, managing swelling and discomfort, and avoiding certain activities and products.

- **Compression Garment:** Wear the compression garment as directed, typically for 3-7 days, to minimize swelling and help the skin tighten.
- **Swelling and Discomfort:** Expect some swelling and redness, which usually subsides within a week. Manage discomfort with prescribed pain medication and avoid ice packs, as they can negate the heating effect of FaceTite.
- **Wound Care:** Keep the incision sites clean by washing with soapy water and applying antibiotic ointment.
- **Rest and Activity:** Rest for the first few days, and avoid strenuous activities for about 2 weeks to allow the body to heal.
- **Skincare:** Avoid harsh skincare products, including retinoids, vitamin C, and acids, for 1-3 weeks. Resume makeup after 24-72 hours.
- **Hydration:** Stay well-hydrated.
- **Sleeping:** Sleep with your head elevated on pillows to minimize swelling.
- **Follow-Up:** Attend all scheduled follow-up appointments with Dr. Praetzel.

**Important Considerations:**

- **Pain Medication:** Take prescribed pain medication as needed, but avoid aspirin or ibuprofen, as they can thin the blood and increase the risk of complications.
- **Alcohol:** Avoid drinking alcohol for several days as it can negatively affect healing.
- **Smoking:** Do not smoke, as it can delay healing and increase the risk of complications.
- **Heat and UV Exposure:** Limit exposure to excessive heat and UV light for 2 weeks.
- **Burns and Changes in Pigmentation:** While rare, be aware that burns and changes in pigmentation may occur.
- **Small White Bumps:** If small white bumps appear, they may take a few weeks to resolve.

Consult with Dr. Praetzel for personalized instructions, as post-procedure care may vary depending on the individual and the extent of the procedure.

**WHEN TO CALL THE OFFICE:**

- Increased swelling or bruising
- Severe pain not relieved by pain medications
- Fever over 101F

**For medical questions, please call the office at 501-623-4485**