

AccuTite/FaceTite

Pre-operative Instructions

- You must have an adult drive you home from the office. **You will not be permitted drive** yourself or use public transportation including Uber or Lyft.
- **Tips to minimize bruising. Avoid the following 2 weeks prior to your treatment:**
 - All anti-inflammatories and blood thinners, including prednisone, aspirin, naproxen, ibuprofen, etc. If you need these products for your health, please do not stop your medication without permission from your primary healthcare provider.
 - Supplements that can increase bruising, some of which include: alpha-lipoic acid, acetyl-l-carnitine, cinnamon, clove, CoQ10, chamomile, creatine, echinacea, ephedra, fish oil, garlic, ginger, ginkgo, ginseng, glucosamine, glutamine, goldenseal, L-carnosine, licorice, milk thistle, resveratrol, turmeric, St. John's wort & vitamin E.
- We suggest **no alcohol** during 7 days before and 2 days after AccuTite (alcohol decreases resistance to infection). Avoid red wine for 10 days before AccuTite because it can possibly increase bruising.
- **Avoid tobacco smoking.** No smoking is permitted for at least 1 week before AccuTite and 2 weeks after. Nicotine interferes with the healing process.
- Bruising may be partially prevented and may resolve faster with topical Arnica Montana solution and oral supplements that include Arnica Montana, bromelain and antioxidants. We carry the **Auriderm bruise kit** for \$50. You can start using the kit a day or two before the procedure.
- **Colorescience Mineral Corrector Palette SPF 20** can be used to help cover bruises and can be purchased at The Pearl Dermatology for \$55.
- **LED light treatments** can be done immediately after your treatment and every 48 hours after to reduce the duration of your bruising.
- Do not wear any unnecessary jewelry, no perfume, and minimize use of cosmetics.
- Arrive with **no facial makeup or contact lenses.** Please wear eye glasses the day of AccuTite.
- **Diet before AccuTite** should include a light, low fat meal, such as toast and juice, fruit, dry cereal and/or non-fat milk no closer than 2 hours before AccuTite.

Post-op Instructions

- Antibiotics are required for one week starting the day of treatment. Antivirals are required starting the day before treatment if the treatment area involves the face. These will be prescribed for you at your pre-op visit.
- Post treatment dressing and neck/chin strap will be provided for you, so you do not need to bring one. Treatment areas may have dressings or compression garments that need to be worn for the **first 48 hours.** You may change the dressing after the first 24 hours and take a shower, then replace the dressing/garment. After 48 hours wear the garment while sleeping **at night for 2 weeks.** (12 hours a day is best)
- Cleanse the treated areas gently with mild soap such as Cetaphil or Cera-Ve and water after removing the dressing after 24 hours.

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- Avoid drying or irritating facial products including retinol and acids for 2 weeks after AccuTite. Do not rub or irritate the area.
- **Sleep on several pillows or in a recliner** to keep your head elevated for at least 2-3 days to help minimize swelling.
- Minimize talking or chewing for 48 hours. We recommend a soft diet for the first 48 hours.
- Limit physical activity and exposure to excessive heat and UV light for 2 weeks. Walking is okay and helpful for reducing post-operative swelling.
- If you have discomfort in the days after treatment, you can take Tylenol. Do not take any medicine containing Aspirin or ibuprofen as this can contribute to bruising. You should only expect mild discomfort for a few days.
- Post op swelling and bruising is common and may persist for up to 3-4 weeks.
- Make-up may be applied 48 hrs after the procedure but avoid applying near the incision points or sutures.
- Tiny scabs may appear near incision points. Do not pick at these scabs.
- Facial shaving should be avoided if possible, for the first week.
- No smoking for at least 14 days post procedure. Smoking will delay your healing.

Please call the office with any questions and notify us immediately if any of the following symptoms occur

- Fever (greater than 101 degrees)
- Nausea/vomiting (especially in the first 24-48 hours following surgery)
- Increased redness, swelling or heat associated with increased pain.
- Call the office at 713-497-1417. After hours follow prompts to reach the doctor on call.

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