



NEWPORT AESTHETICS

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SCULPSURE SUBMENTAL POST-CARE INSTRUCTIONS

- Your skin may be slightly pink to red immediately after treatment. This may last for hours up to days.
- Swelling is normal and expected after treatment. This ranges from mild to moderate and lasts approximately 2-3 weeks, but may be longer.
- If you experience tenderness, it may last 2-3 weeks, but in some rare cases, a bit longer.
- Massage the treated area for 2 minutes 2 times a day for 2 days (2x2x2). Any lotion will do.
- You may resume normal activity including exercise immediately after your treatment.
- We encourage you to engage in light cardiovascular activity for at least 30 minutes a day, such as brisk walking, cycling, working out, after your treatment to assist your body in mobilizing the destroyed fat.
- Drink at least 8 (eight) glasses of water a day. This assists your body in mobilizing the destroyed fat.
- It is possible to experience mild pinkness or redness, tenderness, swelling, pain, itching and skin firmness following treatment.
- You may experience tissue firmness or nodules. Nodules typically last for days up to 6 (six) months or longer, depending on the size. While uncommon, some nodules may be permanent.
- Let us know if you have concerns about your treatment such as severe tenderness or swelling or if you develop blisters, hardened areas or nodules that persist.

For optimal results, it is recommended to have 3-5 treatments at 6-12 week intervals.

**Please call/text us at (949) 660-9972 or email info@newportaesthetics.com
if you have any questions or concerns.**