

Deoxycholic Acid Post Treatment Instructions

- 1. Apply an ice pack wrapped in a cloth as needed for the first 24 to 48 hours after treatment to help reduce swelling and discomfort.** Apply the ice for 5 minutes and then take a 10-minute break. Avoid prolonged icing to prevent frostbite.
- 2. Do NOT rub or massage the treated areas. Avoid extended sun exposure and tanning beds for 2-3 days to help prevent irritation.**
- 3. Do NOT do strenuous exercise for 48-72 hours after treatment. Avoid facials or saunas for 48-72 hours after your treatment.** This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to go about most other regular daily activities.
- 4. Swelling, tenderness and bruising in the area is normal and expected.** Expect these to last 4-7 days with the peak effects occurring from 2-4 days.
- 5. Drink plenty of water to keep hydrated.** This will help flush toxins from the body and help reduce swelling.
- 6. If possible, sleep with your head elevated for 2-3 nights to reduce swelling and bruising risk.**
- 7. If needed you may take extra strength acetaminophen to assist with any pain and discomfort. Avoid taking ibuprofen, naproxen or other NSAIDs as they may increase bruising risk.**
- 8. If you experience any of the following contact Joel or your health care provider to seek advice:** bleeding, dusky discoloration, difficulty swallowing or smiling, or if a fever occurs.
- 9. Results of your treatment may take up to 28 days to take full effect.** Please wait until your follow-up appointment with Joel before assessing the results.
- 10. Most patients will require 3-6 treatments with deoxycholic acid to experience their desired effect. There must be a minimum of 28 days between treatments.** You and Joel will work together to develop a treatment plan and assess the results of treatment.
- 11. Joel Motley needs to see you for a 4 week follow up assessment appointment.**

This will ensure Joel is able to see how you reacted to the treatment and if you are pleased with the results. Plans for future treatments will also be discussed at this appointment.