

SECOND LOOK

MEDICAL & AESTHETICS

Essential Pre- & Post-Treatment Care Guide

Endolift Treatment

4+ Weeks Before Your Treatment

- Stop immediately: Cigarettes, nicotine (any form).
- These slow healing, delay recovery and increase risk of scarring.

2 Weeks Before Treatment

- Avoid sun exposure and tanning beds.
- Stop self-tanning products.
- Stop: electrolysis, waxing, hair removal creams, glycolic acid, salicylic acid, benzoyl peroxide, exfoliating products.

10 Days Before Treatment

- Avoid blood thinners: aspirin, ibuprofen, naproxen, Motrin.
- Stop Vitamin E, fish oil, omega-3 supplements.
- Consult physician about prescribed blood thinners.
- For pain, use only Tylenol (acetaminophen).

3 Days Before Treatment

- Stop all alcohol.
- Continue alcohol abstinence for one week post-treatment.

Day of Treatment

- Wear loose, comfortable clothing (button-up or zip-up tops preferred).
- Clean face thoroughly.
- Remove ALL: makeup, jewelry, creams, sunscreen, deodorant, hair products, piercings.
- Arrange for a driver or allow extra time before driving yourself.

Post-Treatment Recovery

- Sleep with head elevated at 30–40° using 2–3 pillows.
- Use only Tylenol for pain relief (max 4000 mg per 24 hrs, with food).
- Compression garment: generally not required for face Endolift. Your clinician may recommend a light wrap in select cases (e.g. under-chin fat reduction).
- Apply Arnica cream 2–4x daily with gentle massage.
- Use cool compresses for 10–20 mins as needed.

Activity Guidelines

- Return to work: usually next day (confirm with your doctor).
- Exercise: wait 1–2 weeks, start light, build gradually (temporary swelling may occur).
- Avoid for 2 weeks: saunas, hot tubs, hot showers, swimming pools.
- Allowed: showering, hair washing, cool compress use.

Please follow all instructions carefully to reduce risks and ensure optimal healing.