



Precision TX Post Treatment Instructions

- Rest is helpful after the procedure, keeping your head elevated for a few days will help with swelling.
- Arnica tablets can be taken to help minimize bruising. Follow instructions on the bottle.
- Continue taking the antibiotic and other medications as prescribed.
- There should be minimal discomfort. Discomfort may be relieved by ice packs or Tylenol (acetaminophen), or take the pain medication (if prescribed), as needed.
- You may wash your face, hair, and shower beginning 48 hours after your procedure. Please do the following prior to any cleansing activity: gently dab the skin openings with peroxide, and then apply a layer of Bacitracin ointment (available over the counter). Do not wash the openings. Repeat the peroxide-ointment regimen after bathing.
- There may be drainage from your incisions. This is normal and may last several days. You may place gauze sponges inside your compression garment to absorb any drainage.
- Ice for the first 24-48 hours will help with swelling every hour for 20 min. It's ok to take breaks.
- Keep skin openings clean: wash with peroxide and apply Bacitracin ointment (available over the counter) 2-3 times daily for the next 7 days.
- Abstain from alcohol for a few days.
- The compression garment should be worn 24 hours a day for the first 7 days and at night for the next week. If you were given pressure foam, wear it with the garment.
- Do not engage in vigorous exercise or sports for at least 2 weeks or until approved by Dr. Rostami.
- You may return to light activity or light cardio in 2 weeks.
- Apply BioCorneum (available in the office for scars) 1 week after your procedure to the incision areas twice daily using a cotton swab.
- Swelling, soreness, bruising, and sensations of numbness and tingling are normal but transient and will resolve over time.
- Lightly massage the treated area beginning 10-12 days after treatment to assist collagen production.

