Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

ACCUTITE POST CARE INSTRUCTIONS

1. Treatment areas will have Dressings and/or a pressure garment to be removed in 48 hours. According to the physician's instructions, wear the garment in the evening and while sleeping for at least two weeks or until swelling subsides. The garment ideally should be worn for 12 hours per day for the first 2 weeks. ** For small isolated treatment areas, compression garments may not be necessary after 48 hours.

2. Wound care: Let soapy water wash over the incision sites (do not scrub) then apply antibiotic ointment to the incision points twice daily for one week while the skin is healing after initially removing the pressure garment. Tiny scabs may appear during the healing process. Please do not pick at the scabs.

3. Cleanse the treated areas gently with mild soap such as Cetaphil or Cerave and water after 48 hours. Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate the area.

4. Although these effects are rare and temporary, redness and swelling may last up to 3 weeks and are a part of a normal reaction to the treatment. Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months.

5. Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 wks.

6. For facial and neck procedures: Sleep on several pillows or in a recliner to keep your head elevated for at least two to three days to help minimize swelling. Minimize talking and chewing for 48 hours. We recommend following a soft diet for the first 48 hrs.

7. Make-up may be applied as soon as 72 hours after the procedure to cover any redness or bruising. Avoid the incision points that may still be healing.

8. If treatment was done on hair-bearing areas, shaving should only be done with an electric razor for the first week.

10 Mott Avenue Suite 1A Norwalk, CT 06850 Phone 203-838-8844 Fax 203-774-1177
www.drkirwan.com

9. Burns and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve.

10. Only take prescribed pain medication or Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. Other pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinner. Take all antibiotics unless instructed otherwise.

11. Do NOT drink alcohol for several days as instructed by the doctor after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting and/or bruising.

12. Remember, although the skin has initially healed, it takes 3-6 months before any changes in skin tightening can be perceived AND twelve months before final results in skin tightening can be appreciated.

13. Remember, although the skin has initially healed, it can take up to six weeks before any changes in skin tightening can be perceived AND twelve months before final results in skin tightening can be appreciated.

14. If you have any questions or experience fever, chills, drainage, discharge, or extreme discomfort, please call 203-838-8844. If you are calling after hours, the answering service will page the doctor for you. Dr Kirwan's mobile number is 917-991-7610. You can also email Dr Kirwan at drkirwan@drkirwan.com.