



Renuvion

Post Treatment Instructions & Expectations

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

1. Rest for the first 12-24 hours. Mild daily activity for 2-3 days, then resume your normal activities as tolerated.
2. You may experience mild to moderate swelling, bruising and soreness for 1-2 weeks following your procedure.
3. You may feel excess gas in your tissues (subcutaneous air), this is normal and will subside in 2-3 days.
4. Do not apply ice or heat to the surgical area(s).
5. For neck procedures, sleep with head of the bed elevated 30 degrees and keep neck extended with neck or towel roll.
6. Drainage from your incision sites may occur following your procedure. It is recommended to change your dressings every 4-6 hours for as long as you are having drainage. Wash incision sites with warm soap and water. Drainage should subside in 24-72 hours.
7. **Compression garments are required and will be provided to you at the time of your procedure. Dr. Holland requires the compression garment to be worn 24 hours a day for the first 7 days following your procedure. For 4 weeks following the 7 days, compressions will be worn at night only. If the garment is not fitting properly, please contact our office.**
8. Diet as tolerated. Drink plenty of fluids to stay hydrated.
9. Only engage in massage if instructed to do so by your physician.
10. Avoid direct exposure to sunlight until surgical area is completely healed. Apply sunscreen as directed.
11. Call the office if you notice any signs or symptoms of distress or infection, such as; shortness of breath, redness, unusual bleeding, increased pain, marked increased swelling, skin that is warm/hot to the touch or a fever of above 101F.

Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **If after hours, please call the office number and press 7 when prompted to reach Dr. Holland directly.**