

## What to Expect After your Avéli Procedure

Once your Avéli™ procedure is complete, you'll be on your way to achieving a meaningful reduction in the appearance of your cellulite! We know you're anxiously awaiting the moment you can see your results, which will be visible shortly after the procedure once any swelling and bruising subsides. For now, we want to ensure you have the best experience after your procedure and all your questions are answered.

First and foremost, it is important to follow all instructions and recommendations given to you by your Avéli™ physician. Your physician knows the details of your personal Avéli™ procedure best, so please consult with them on any questions you may have, including the use of any non-prescription pain or anti-inflammatory medication (e.g. acetaminophen) within the first few days.

### What to Expect Post-Procedure:

The chart below will guide you through the post-procedure process, helping you understand what to expect in terms of recovery and results.\*

Within 1-2 Days	Within 14 Days	Within 30 Days	Within 90 Days
<p>Minimal downtime is to be expected after the Avéli™ procedure. You may want to take it easy, but most clients return to normal activities within 1 week after the procedure.</p>	<p>Wear compressive clothing (e.g., yoga pants) as much as possible during the first week, and up to 2 weeks after the procedure, to help reduce bruising and swelling. You can engage in light physical activity during the first 14 days, but extreme physical activity should be avoided during healing. Strenuous activity may increase side effects.</p>	<p>Avoid extended sun exposure and use sunscreen over the insertion points for the first month after the procedure to prevent pigmentation.</p>	<p>Follow up with your physician if you have any additional questions. Ensure your follow-up appointment is scheduled with your physician to take "After" photos and review your results.</p>
<p>It is normal to experience mild discomfort or pain during the first days after the procedure. Clear or pink fluid may leak from the insertion points for the first 24 – 48 hours and typically resolves in the first week. If you feel heat or a burning sensation in the treatment area, you may be surprised but do not be alarmed. Apply an ice pack wrapped in a towel to the area for 10 minutes to help it resolve.</p>	<p>Areas of numbness are possible. You may experience mild pain or tenderness when applying pressure to the treatment area (e.g., sitting or lying down).</p>	<p>Most patients see their bruising fully resolve within 30 days of the procedure.</p>	<p>Palpable areas of firmness (or softness) are expected. If the areas are slow to improve, you may perform firm massage with your fingertips for a few minutes a day until resolved. A minority of patients will experience areas of numbness, but this typically resolves within the first 60 days.</p>
<p>We know it's exciting, but be patient as you begin the healing process</p>	<p>You should see smoother skin where dimples once were as swelling and bruising subsides.</p>	<p>By one month post-procedure, you should see a reduction in the appearance of cellulite on your buttocks and/or thighs.</p>	<p>Results should be visible in after photos when taken at a three-month follow up appointment.</p>

## **Avéli™ Intended Use and Safety**

Avéli™ is indicated for the temporary reduction in the appearance of cellulite in the buttocks and thigh areas of adult females as supported by clinical data demonstrating benefits through three months of observation. The most common side effects reported were mild pain within the first 24 hours and bruising and tenderness to the touch which is typically resolved within 30 days. Most patients returned to normal activities within one day of the procedure. As with any medical procedure, there are associated risks. Consult with your physician for full safety information.

## **Frequently Asked Questions**

**Q:** Is there any downtime after the procedure?

**A:** You may feel sore and tender. Avoid strenuous activity for at least 24-48 hours.

**Q:** When can I resume workouts or exercise after the procedure?

**A:** It is recommended to avoid any strenuous activities or workouts in the first few weeks after the procedure to allow the area to heal.

**Q:** Are there any side effects?

**A:** In a clinical study, the most common side effects reported were mild pain within the first 24 hours and bruising and tenderness to the touch which typically resolved within 30 days. Small areas of firmness, usually not visible or painful, typically resolved in a couple of months.

**Q:** How quickly will I see improvement in my cellulite?

**A:** Your results from the Avéli™ procedure should be visible once swelling and bruising subsides. By one month post-procedure you should see the effects of the procedure.\*

**Q:** How long will the results last?

**A:** Patients in the clinical study continued to demonstrate an improvement in the reduction of their cellulite three months after the procedure.

If you have any questions, please call our office at 215-862-6100 during business hours, or after hours, please call Dr. Espinoza on her cell phone at 908-303-5694.