



Kavali
Plastic Surgery

«Person_First_Name» «Person_Middle_Name» «Person_Last_Name»

VELA SHAPE POST-PROCEDURE INSTRUCTIONS

Congratulations on beginning your VelaShape treatments! There are just a few things to keep in mind after your treatments:

1. You should not have any deep tissue massage for 48 hours following each VelaShape treatment.
2. You should not tan or use any tanning products or have prolonged unprotected sun exposure during the course of your VelaShape treatments.
3. You should not participate in any contact sports for 48 hours after each VelaShape treatment (kick-boxing, soccer, etc)
4. You should not use any ice packs or heating pads on the treatment areas for at least 48 hours following each treatment. If your skin feels warm and you have redness lasting longer than 30 minutes, you can apply COOL compresses, but not ice, to the affected area.
5. You should drink plenty of water, 64 ounces daily, to optimize your hydration and your skin health.
6. Please notify my office if you notice skin redness lasting longer than 30 minutes, any blisters, prolonged pain (pain after the treatment has ended), or any other signs that concern you.

We're here for you, so feel free to call with any questions or concerns.