

Aveli (Cellulite Treatment)

POST-TREATMENT CARE PROTOCOL

IMMEDIATE POST-PROCEDURE (DAYS 1-3)

Compression Garment

You will be placed in a medical-grade compression garment immediately following the procedure. Wear this garment 24/7 (except when showering, once cleared) for the first 7 to 14 days, or exactly as directed by your provider. Compression is absolutely vital to minimize deep tissue swelling, prevent fluid collection (seromas), and support optimal contouring.

Fluid Drainage

Minor leaking or oozing of tumescent fluid mixed with a small amount of blood from the small insertion sites is entirely normal for the first 24-48 hours. Keep absorbent pads placed inside your compression garment.

Rest & Elevation

Rest as much as possible. Keep the treated lower body area elevated when sitting or lying down to help reduce throbbing and acute swelling.

WEEKS 1-4

Bruising & Tenderness

Deep tissue soreness, localized swelling, and extensive bruising are standard parts of the healing process. Bruising can take 2 to 3 weeks to fully resolve and may travel down the leg due to gravity.

Activity Restrictions

Avoid any strenuous lower-body exercises (heavy squats, running, high-impact cardio) or heavy lifting for at least 2 weeks, or until your provider gives clearance. Light, gentle walking is encouraged to promote blood flow.

Showering

You may shower 24 to 48 hours post-procedure, depending on your provider's guidance. Gently pat the insertion sites dry; do not submerge in bathtubs, pools, or ocean water until the entry points are fully closed and healed.

LONG-TERM RECOVERY

Tissue Healing

Sculptra is an investment in your skin's architecture. It does not work overnight. Your body will slowly build a new collagen matrix around the PLLA microparticles over the next 4 to 8 weeks, gradually restoring subtle, youthful volume.