



Cellfina:

- Wear Spanx or other similar compression garment for 2 weeks following the procedure
- For the first 2 days, you will insert absorbent pads in the compression garment as there will be fluid leaking from the skin in the treated area.
- Exercise is encouraged but should be limited to walking or gentle resistance exercises; no intense aerobic exercise for 2 weeks following the procedure
- Bruising can be significant for the first 2 weeks and gradually resolves on its own
- Results are immediate and generally improve over time