



Endolift Treatment Instructions

- ❖ Apply cool compresses to the treated areas to reduce swelling and discomfort.
- ❖ Avoid exposing the treated areas to direct sunlight or heat sources (e.g. saunas and hot baths for at least a week).
- ❖ Use a high SPF sunscreen if sun exposure is unavoidable.
- ❖ Drink plenty of water to stay hydrated, which aids in the body's natural healing process and helps flush out any broken-down fat cells.
- ❖ Clean the treated area gently with mild soap and water. Avoid scrubbing or applying pressure. Pat the area dry with a soft towel.
- ❖ Take Tylenol (Acetaminophen) to help manage discomfort as directed on the bottle. Avoid taking Ibuprofen, as this may increase the chance of bruising.
- ❖ Refrain from engaging in heavy physical activities or exercise that may strain the treated area for at least a week.
- ❖ Attend any scheduled follow-up appointments with your doctor to monitor the healing process and address any concerns.