



mesotherapy Aftercare Instructions

Recovery Timeline

- Days 1-3: Potential swelling, bruising, discomfort at injection sites.
- First week: Gradual improvement in the appearance of cellulite fat pockets.
- 2-3 weeks: Continued smoothing of skin texture and tightening of treated areas.
- 4-6 weeks: Optimal results visible as mesolifted fat and toxins are eliminated.

Medications

- Use over-the-counter pain medication like acetaminophen if needed for discomfort.
- Apply prescribed antibiotic ointment to treated areas twice a day for 3 days after treatment.
- Use anti-inflammatory creams if significant swelling occurs. Ice packs can also help.

Diet

- No special dietary restrictions.
- Drink plenty of water to help flush out the broken-down fat and toxins.

Activity Restrictions

- Avoid heat treatments like saunas, hot tubs, and steam rooms for 3 days after mesotherapy.
- Do not go swimming for at least 3 days after treatment.
- Avoid direct sun exposure and tanning beds for 3 days. Wear SPF 30+.
- Avoid skin treatments like facials, peels, and microdermabrasion for 1 week post-treatment.
- Moderate exercise is permitted, but listen to your body. Avoid strenuous workouts for 24 hours.

Incision Care

- Keep treated areas clean. Gently wash with mild soap and water.
- Use ice packs to help minimize swelling, bruising, or discomfort.
- Do not scratch or pick at treated areas to avoid infection.
- Monitor for signs of infection: increasing redness, warmth, pus.
- Notify your mesotherapy provider if you experience excessive redness, swelling, warmth, pus, or other signs of potential infection at the injection sites.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

