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FAT  
DISSOLVING  
INJECTIONS

# Aftercare guide

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## AFTERCARE

Thank you for visiting Cosmetic Connection, one of Australia's leading cosmetic medicine clinics. This guide contains the aftercare instructions you must follow after having fat dissolving injections.

We use fat dissolving injections to reduce small, stubborn pockets of fat. The most common areas we treat are under your chin, along your jawline, at the front and back of your bra line, and below your buttocks.

Proper aftercare is important to reduce the chance of side effects, and to ensure swift healing.

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REAL  
PEOPLE.  
REAL  
RESULTS.

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# What you can expect

Immediately after your treatment:

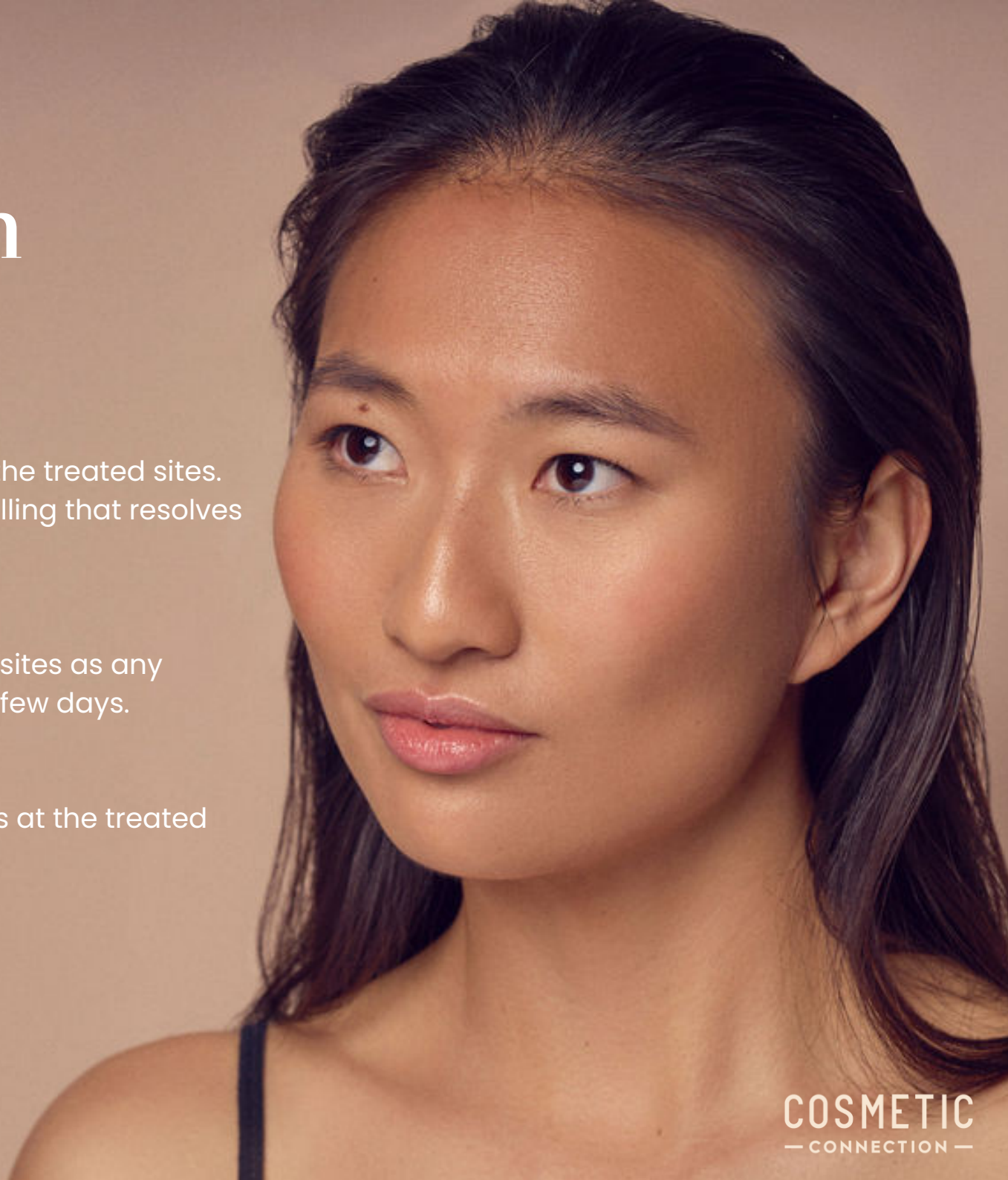
- Slight redness and possible bruising at the treated sites.
- Mild to moderate (or rarely, severe) swelling that resolves in 3-5 days.

Within hours:

- General tenderness around the treated sites as any numbing wears off. This resolves over a few days.

Within days:

- A firm, lumpy feeling and skin numbness at the treated area that resolves over a few weeks.





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# When you'll see a result

It takes some time to see the final result from fat dissolving injections.

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You can expect to see your result from fat dissolving injections in 8 weeks. Most people need 2-4 sessions to achieve their desired result.

Over 8 weeks, your body will gradually remove the treated fat cells using natural metabolic processes. While these fat cells do not return any remaining fat cells can grow in size if you gain weight.

The good news is that as there are fewer fat cells, if you gain weight you'll put less fullness on here. This means you can enjoy your new, slimmer contours well into the future.

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# What you need to do

Carefully following the aftercare is vital to ensure you get the best result, with the lowest chance of side effects.

For redness, swelling, tenderness and bruising:

- Take paracetamol (where safe) for any discomfort.
- Gently apply a wrapped cold pack to the treated areas intermittently.

To reduce the chance of infection keep your skin clean for 24 hours.



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# What you need to avoid

The most important part of your fat dissolving aftercare is knowing what not to do.

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To reduce swelling, redness, tenderness and bruising, avoid:

- Strenuous exercise and alcohol for 24 hours.
- Anti-inflammatories or supplements (unless taking for medical reasons) for 24 hours.
- Hot environments like saunas for 24 hours.
- Domestic flights for 24 hours.

To prevent infection do not apply makeup for 24 hours.

To avoid skin irritation do not:

- Restart your active skincare for 24 hours.
- Have skin treatments for 24 hours.

To stop the product spreading, avoid applying pressure to treated areas for 48 hours.



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# When to get in touch with us

You're journey with us doesn't end when you leave the clinic. Get in touch if you have questions about your treatment.

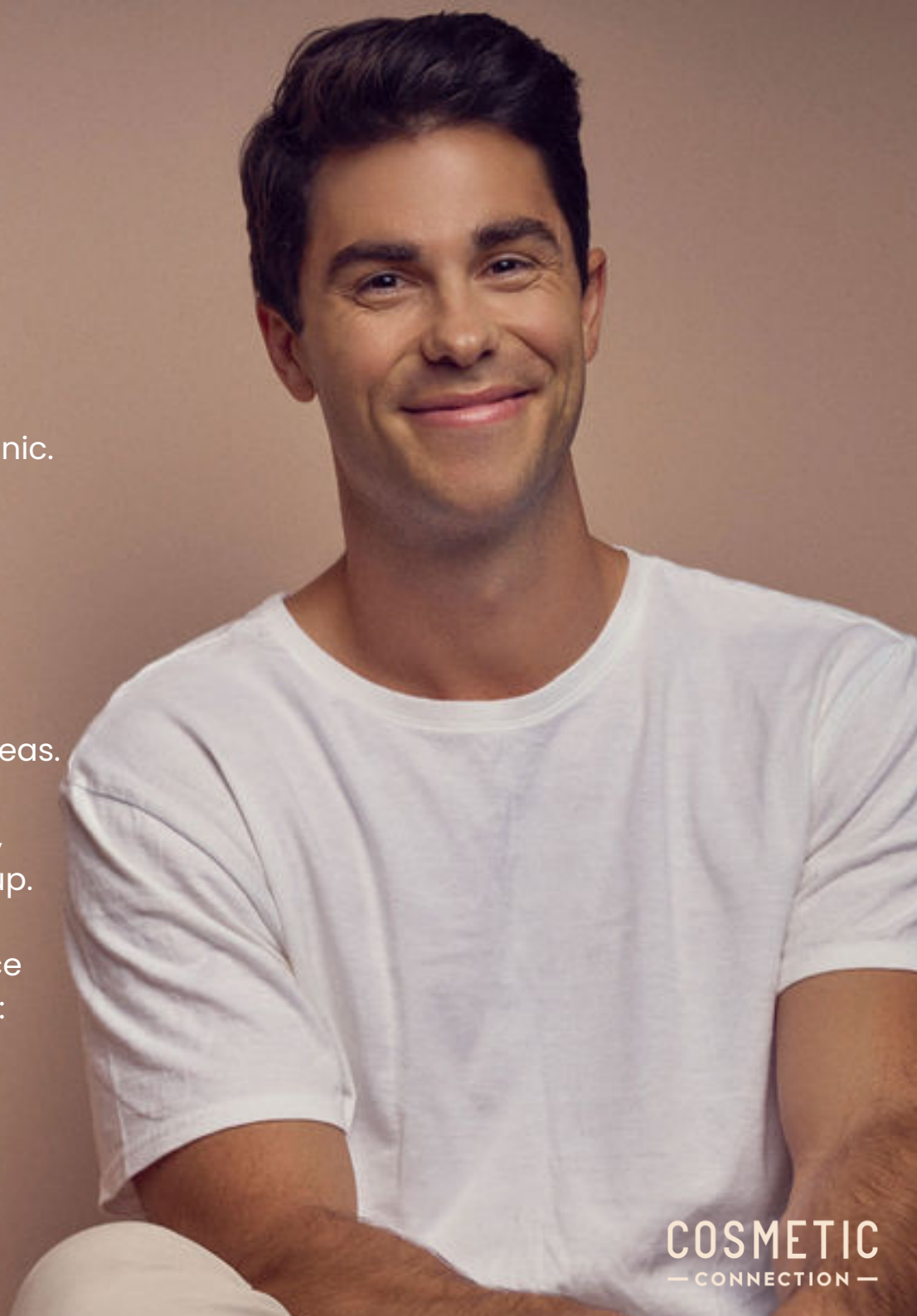
If you develop any of the following, please contact us immediately for advice:

- A rash in the treated areas.
- Worsening swelling, redness or pain.
- Skin discolouration, blisters, or ulcers in the treated areas.

If you have any concerns about your result after 8 weeks, please get in touch to arrange a complimentary follow-up.

If you have any of the following, please call an ambulance immediately, and ask the attending doctor to contact us:

- Facial or airway swelling.
- Difficulties breathing, swallowing or speaking.



A woman with dark, wavy hair and a tattoo on her shoulder. The tattoo is a large, intricate design in black and orange, featuring a central figure that looks like a stylized bird or a person in a dynamic pose, surrounded by swirling patterns. The woman is looking directly at the camera with a neutral expression. The background is a solid, muted brown color.

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# The next steps to take

To get better results follow your treatment plan, and apply our fat dissolving optimisation principles.

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## STAY COMMITTED

Most people need 2-4 treatments to achieve the best result. Don't sacrifice your result by stopping short. Book your next session [here](#).

## BE HEALTHY

Diet and exercise play a critical role in reducing body fat. Stay in good health to slim any remaining fat cells.

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# Treatments to complement

Get more out of your fat dissolving injections by complementing them with these popular treatments.

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## DERMAL FILLERS

Add structure and definition to your face and reverse common signs of ageing like hollowness and volume loss. [Learn more.](#)

## RADIO FREQUENCY SKIN NEEDLING

Tighten, tone and restore collagen to your skin with this powerful skin rejuvenation treatment. [Learn more.](#)

## JAWLINE SCULPTING

Achieve a more defined, symmetrical and youthful jawline with cosmetic injectables. [Learn more.](#)

## SIDE PROFILE ENHANCEMENT

Achieve that side profile and take photos with confidence with our non-surgical side profile enhancement. [Learn more.](#)

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# Our priority is you

Everyone deserves a positive experience and a great result. By nature, cosmetic treatments always carry a small degree of variability, and individual results may vary.

If you have any concerns regards your results or your experience, please get in touch with us and one of our friendly team members will assist you.



At Cosmetic Connection, we stand for honesty, excellence and inclusivity. We provide bespoke treatments in a safe environment to help everyday people look and feel their best.

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your next  
appointment?

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