



Cellfina Pre-treatment Information

1. Cellfina™ is a device used to treat cellulite and involves injection of a local anesthetic (numbing solution) prior to the insertion of a small motorized micro-blade through the skin and into the fat below the surface of the skin. The blade is used to cut the tissue that is pulling the skin down in the dimpled areas.
2. Cellfina utilizes a vacuum handpiece, which is placed over the area to be treated, to hold the area (skin and fat) in the correct position during treatment. Local anesthetic solution will be injected into the selected treatment site(s) using a multi-hole needle and syringe. This is repeated several times until all the areas to be treated have been injected with the anesthetic solution. Once the anesthetic solution has been given time to take effect (approximately 10 minutes to numb the area), a vacuum handpiece using light suction will be attached to your skin. Then, a micro-blade operated by a small motor will be inserted through the skin and into the fatty tissue in your buttock or thigh area. The motor will then be activated and the doctor will release the tissue under the dimple(s). The vacuum handpiece will be moved to additional treatment locations and the steps repeated until all the areas have been treated. The total time of your treatment will depend upon the number of treatment areas and may take approximately 30 to 60 minutes.
3. Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as ibuprofen, Vitamin E, Ginger, Gingko Bilboa, Ginseng, Fish Oil and Garlic 10-14 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
4. Start applying Prevederm AM and PM two weeks prior to your procedure to the treated areas to help minimize bruising.
5. We recommend taking a Valium to relax prior to treatment in which WDC will provide for you at. It is imperative that you have someone drive you if you take a Valium.
6. The medical provider will mark the areas to be treated and photographs will be taken on the day of your procedure.
7. **Bring a pair of support hose or compressive type of garment (i.e. spanx) with you to your appointment. It is only necessary for the garment to come down to your knees.**
8. **Bring headphones and music with you to listen to during the treatment.**
9. **If buttocks are being treated, please purchase Depends or the like prior to treatment and absorbent pads. You will need these supplies at home after treatment for the first 24 to 48 hours.**