

Element

Medical Aesthetics

RENUVA PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- **Stay well hydrated** — Drink at least 8-10 glasses of water in the 24 hours before your appointment. Well-hydrated tissue responds better and supports optimal results.
- **Avoid blood-thinning medications & supplements** — If medically safe to do so, avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, turmeric, garlic supplements, and St. John's Wort for at least 7 days before to minimize bruising.
- **Avoid alcohol** — Do not consume alcohol for at least 48 hours before your appointment as it increases bruising risk.
- **No waxing or other skin treatments** — Avoid waxing, threading, chemical peels, laser treatments, and microneedling in the treatment area for at least 2 weeks beforehand.
- **Arrive with a clean face** — Come with no makeup, sunscreen, or skincare products on the day of your appointment.
- **Avoid vigorous exercise the day of** — Strenuous activity increases circulation and can elevate bruising risk.
- **Manage cold sore history** — If you have a history of cold sores and are receiving treatment near the mouth area, notify your provider in advance. An antiviral medication may be recommended as a precaution.
- **Disclose full medical history** — Inform your provider of all medications, supplements, autoimmune conditions, history of keloid scarring, active skin infections, cancer history, or recent cosmetic procedures. Renuva may not be suitable for all patients.

After Your Treatment — Post-Care Instructions

- **Expect swelling, redness, and bruising** — Swelling, tenderness, redness, and bruising at injection sites are normal and typically peak within 24-72 hours before gradually resolving over 1-2 weeks.
- **Apply a cold compress** — Use a clean cold compress or chilled gel pack (not ice directly on skin) for 5-10 minutes at a time in the first few hours to help reduce swelling.
- **Keep your head elevated** — Sleep with your head elevated on an extra pillow for the first 1-2 nights to minimize swelling.
- **Do not touch or massage the area** — Avoid rubbing, pressing, or massaging the treated area for at least 48-72 hours. Unlike some fillers, Renuva should not be manipulated after injection as it needs to integrate undisturbed.
- **Apply SPF every day** — Protect treated areas from UV exposure with SPF 30-50 every day. Sun damage can interfere with the regenerative process and cause hyperpigmentation.
- **Avoid strenuous exercise** — Skip intense workouts, heavy lifting, and cardio for at least 48 hours to minimize swelling, bruising, and unnecessary movement of the treated area.
- **Avoid heat exposure** — Stay away from saunas, steam rooms, hot tubs, lasers, and prolonged sun exposure for at least 48-72 hours post-treatment.
- **Avoid alcohol** — Do not consume alcohol for at least 48 hours after treatment as it increases inflammation and can impair the body's regenerative response.
- **Skip makeup on injection sites** — Avoid applying makeup directly over injection sites for at least 24 hours to reduce the risk of irritation or infection.
- **Be patient with results** — Renuva works by stimulating your body to generate its own adipose (fat) tissue. Results develop very gradually — initial changes may be visible at 4-6 weeks, with full results continuing to develop over 3-6 months.
- **Stay well hydrated** — Continue drinking plenty of water in the weeks following treatment to support tissue regeneration and integration.

Contact your provider immediately if you experience:

- Severe or worsening pain disproportionate to the treatment
- Skin that appears white, blue, or mottled (possible vascular compromise)
- Signs of infection: increasing redness, warmth, pus, or fever
- Nodules, firmness, or lumps that persist or worsen beyond 3–4 weeks
- Unusual skin changes, discoloration, or texture that concerns you
- Any signs of allergic reaction

Renuva is unique in that it does not add volume immediately — it creates a scaffold for your body to build its own natural fat tissue over time. Do not be discouraged if you do not see instant results. The regenerative process takes time, and results continue to develop and improve over 3–6 months. A follow-up appointment is recommended at 6–8 weeks to assess progress.