The Danebury Practice

AQUALYX AFTERCARE GUIDELINES

Thank you for choosing The Danebury Practice for your Aqualyx® treatment.

Aqualyx® is an injectable treatment designed to target and reduce localised areas of unwanted fat. The treatment works by disrupting the membranes of targeted fat cells, which are then naturally processed and eliminated by the body.

Because the treatment deliberately produces a local inflammatory response, **swelling, redness, tenderness and bruising are expected and do not necessarily indicate a problem**.

Please follow the aftercare guidance below.

Immediately after treatment

- Keep the treated area clean.
- Avoid touching, rubbing or applying unnecessary pressure to the area.
- Do not apply make-up or skincare products to the treated area for approximately 12 hours, unless advised otherwise by your practitioner.
- Do not massage the treated area unless specifically instructed to do so by your practitioner.
- If you have been advised to use a compression garment, follow the specific instructions provided to you.
- A cool compress may be applied gently if required to help with swelling and discomfort. Do not apply ice directly to the skin.

What can I expect?

It is very common to experience:

- Swelling or puffiness.
- Redness.
- Tenderness or discomfort.
- Bruising.
- Itching or a warm/burning sensation.
- A feeling of tightness or pressure.
- Temporary firmness or small areas of lumpiness.

Swelling can be particularly noticeable following treatment of the chin, jawline or other facial areas. It may increase during the first few days before gradually settling.

Most of these effects improve over several days, although **swelling, firmness or altered sensation can occasionally persist for longer**.

For the first 48–72 hours

Please avoid:

- Strenuous exercise or intensive physical activity.
- Alcohol.
- Saunas, steam rooms, hot tubs and excessive heat.
- Swimming.
- Sunbeds.
- Prolonged direct sunlight.
- Tight clothing or pressure over the treated area where possible.
- Other aesthetic treatments to the treated area.

Gentle walking and normal light activity are generally fine.

Exercise

Avoid strenuous exercise for at least **48 hours**, or for longer if your practitioner has advised this based on the treatment area and your individual response.

You should wait until significant swelling, tenderness and discomfort have settled before returning to particularly strenuous exercise.

Massage and lymphatic drainage

Do **not** routinely massage the treated area unless your practitioner has specifically recommended this.

If lymphatic drainage or massage is appropriate for your treatment area, your practitioner will advise you on the timing and technique.

Skincare and sun protection

Once the initial 12-hour period has passed, you can generally return to gentle skincare.

Avoid anything that causes irritation, including aggressive exfoliation or strong active products, while the skin remains sensitive.

If the treated area is exposed to sunlight, use a broad-spectrum **SPF 30–50** and avoid prolonged direct sun exposure while the area is recovering.

Keeping hydrated

Maintain good fluid intake following treatment and continue with a healthy, balanced diet.

Aqualyx® is a body-contouring treatment rather than a weight-loss treatment, so maintaining a healthy lifestyle will help support your long-term results.

When will I see my results?

Aqualyx® does not produce an immediate final result.

As swelling settles and the body processes the treated fat cells, the reduction in the treated area becomes progressively more apparent. Visible changes may begin to develop over the following weeks, with results continuing to evolve over approximately **6–12 weeks**. Individual responses vary.

Your practitioner will advise you whether further treatment is appropriate and when this should be considered.

When should I contact The Danebury Practice?

Please contact us if you are concerned about your recovery, particularly if you experience:

- Pain that is severe, increasing or out of proportion.
- Swelling that is rapidly increasing or becoming significantly worse.
- Increasing redness, warmth or tenderness.
- Discharge from the injection sites.
- Blistering, ulceration or significant skin discolouration.
- Persistent or worsening numbness or altered sensation.
- Signs of infection.
- Any unexpected or worsening symptoms.

Pain that is progressively worsening, significant skin changes or discharge should not be assumed to be a normal part of the recovery process and should be assessed promptly.

If you develop severe swelling associated with difficulty breathing, facial/tongue swelling or other symptoms of a severe allergic reaction, seek emergency medical attention by calling **999**.

If you have any questions or concerns following your treatment, please contact The Danebury Practice. We are always happy to advise you.

The Danebury Practice
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