

ATTIVA

INSTRUCTIONS

Pre -Treatment details

7-days prior to treatment:

Stop taking multivitamins and any other blood thinning agents such as Vitamin E, Vitamin A, Niacin, Essential Fatty Acids such as Flax or Cod Liver Oil, and Garlic.

Avoid aspirin, Advil, Motrin Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications. Tylenol may be taken for any pain.

If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin and Heparin.

If you have a history of cold sores, please inform our office if you need a prescription.

Discontinue Retin A or other exfoliant products to avoid increased irritation

If not already, start taking Vitamin C supplement for collagen upregulation.

Start taking Arnica supplements to prevent bruising

2-days prior to treatment:

Avoid alcohol, niacin supplements and cigarettes 48-hours prior to treatment

An oral anti-inflammatory medication and antibiotics can be prescribed for 3-7 days, if necessary

Day of treatment:

Arrive without makeup,

Hydrate and eat a healthy meal before your appointment.

Treatment:

A topical numbing cream is applied to numb the skin and minimize discomfort during treatment.

Lidocaine injections may also be used to minimize discomfort. You may feel discomfort during the numbing injections.

Once the area is numb, skin is cleansed prior to treatment.

The ATTIVA S.I.H device is inserted under the skin to deliver the targeted radiofrequency energy while the temperature is monitored internally and externally.

The device is a thin micro-cannula which delivers heat to cause contraction of the tissue.

While there is no pain during the treatment, you may feel a warming and or pressure sensation during the treatment.

Post treatment:

Immediately after treatment you may experience redness, swelling and tenderness in the treated areas. These reactions are normal and resolve quickly and spontaneously over the next 7-10 days.