

Precautions After Fat Dissolving Injection

Please review the following information to help ensure stable fat breakdown and the formation of a balanced contour.

I. Aftercare Guidelines

- For 7 days after the procedure, please avoid half-baths, bathing, saunas, steam rooms, strenuous exercise, massages, alcohol, and smoking.
- Please do not rub the treated area forcefully or apply excessive pressure.
- Adequate hydration and light daily activity may help support the fat metabolism process.

II. Changes That May Occur During Recovery

- Results appear gradually over 1 to 2 weeks.
- During the fat breakdown process, the treated area may temporarily appear more swollen, which is a normal response.
- Swelling, bruising, pain, tenderness, itching, or warmth may occur in the treated area, but these symptoms usually improve within several days.
- You may temporarily feel firmness or notice small nodules in the treated area, but these usually soften gradually over time.
- Even if a pre-treatment allergy test is performed, delayed hypersensitivity reactions may rarely occur.

III. Results and Progress

- Results and duration may vary depending on your skin condition, the amount of fat, the presence of existing filler, and your lifestyle habits.
- Depending on the amount of fat, one treatment session may not be sufficient, and repeated treatments may be necessary.
- Differences in volume between the left and right sides or contour asymmetry may be difficult to fully correct with the Elf Injection alone. If needed, more refined results may be achieved by combining it with thread lifting or filler treatment.

IV. When to Consult Your Medical Provider

- If swelling becomes abnormally severe or lasts longer than 1 week
- If severe pain, inflammation, nodules, or a hypersensitivity reaction is suspected
- If you experience any of the above symptoms, please contact our clinic and visit for an evaluation.



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