

ELEVATED IMAGE

Advanced Medical Aesthetics & Primary Care • Joshua Le, DO

4300 Talbot Road S, Suite 105, Renton, WA 98055 • Tel 206-395-4748 • Fax 206-703-2817 • Joshua.Le@ElevatedImageHealthClinic.com • ElevatedImageClinic.com

ENDOLIFT (ENDOLASER) POST-PROCEDURE CARE GUIDE

Patient name		Procedure date	
Provider	Joshua Le, DO	Treatment area(s)	

Endolift has minimal downtime, but the deep heating continues to work over the following weeks. Following these instructions helps reduce swelling and bruising, protects the tiny entry points, and supports the best contour and tightening result.

⚠ WHEN TO CALL THE CLINIC — 206-395-4748

Call promptly — or seek urgent/emergency care after hours — for any of the following:

- Signs of infection: spreading redness, warmth, increasing swelling, pus or drainage from an entry point, foul odor, or fever $\geq 100.4^{\circ}\text{F}$ (38°C).
- A burn, blister, open sore, or skin that turns white, dusky, or dark.
- Facial weakness, a drooping or uneven smile, or numbness that is worsening or not improving.
- Severe or worsening pain, or bruising/swelling that rapidly increases.

When in doubt, call us — that is what we are here for.

First 48 Hours

- **What to expect:** Swelling, bruising, tenderness, mild firmness, and small pinpoint marks at the entry points are normal.
- **Cold compress:** Apply a clean, cool compress (not ice directly on skin) for 10–15 minutes at a time during the first 24–48 hours to reduce swelling.
- **Elevate:** For face/neck treatment, sleep with your head elevated on an extra pillow for the first few nights.
- **Entry-point care:** Keep entry points clean and dry. Wash gently with mild soap and water; do not scrub or pick. A little clear or slightly pink fluid can be normal.
- **Do NOT rub or massage:** the area during the first days unless specifically directed by Dr. Le.
- **Prescription adherence:** If prescribed, take your oral antibiotic (to help prevent infection) and/or oral corticosteroid (to reduce swelling) exactly as directed, and finish the full course. Take any antiviral as directed if a peri-oral area was treated.

Compression Garment

If a compression garment or chin strap is provided, wear it as directed — typically ~12–24 hours/day for the first several days, then at night for about 1–2 weeks. Compression reduces swelling and helps the skin redrape smoothly for a better contour.

First 1–2 Weeks

- **Avoid heat & strenuous activity:** No vigorous exercise, heavy lifting, saunas, steam rooms, hot tubs, or very hot showers for ~1–2 weeks (heat and blood-pressure spikes worsen swelling/bruising).
- **Limit alcohol & blood thinners:** Avoid alcohol, aspirin/NSAIDs, fish oil, and vitamin E for ~1 week (unless prescribed) to limit bruising.
- **Sun protection:** Avoid direct sun; use a broad-spectrum SPF 30–50 once entry points have closed.
- **Makeup:** May be resumed once entry points have sealed (usually ~24–48 hours), over clean skin.
- **Lymphatic massage:** Only if and when directed by your provider — do not self-massage the deep tissue early.

Healing & Results

- **Firmness & small lumps:** A feeling of tightness, firmness, or small lumps under the skin is common and typically softens over several weeks.
- **Progressive tightening:** Contour and tightening continue to improve over 3–6 months as new collagen forms. Final results are not immediate.
- **Follow-up:** Attend any scheduled follow-up so we can assess healing and results.

Your Follow-Up & Questions

Follow-up appointment: _____ Compression garment issued: ☐ Yes ☐ No

Medications prescribed: ☐ Antibiotic ☐ Oral steroid ☐ Antiviral ☐ Other: _____ Questions? Call 206-395-4748.

Disclaimer: This guide is a generalized clinical framework. Always follow the specific instructions given directly by Joshua Le, DO, as individual treatments and healing vary.