



## Cellfina Patient Information Leaflet

### **What is Cellfina and how does it work?**

The Cellfina™ System is the only FDA-cleared minimal invasive procedure clinically proven to improve the appearance of cellulite for at least three years – the longest FDA-cleared duration for a cellulite treatment. Performed in a theatre by a qualified physician, Cellfina™ treats the primary structural cause of cellulite for a smooth and healthy look to increase patient's body confidence.

### **How often should I have treatment, and how many will I need?**

In just one 45-minute treatment, Cellfina™ significantly improves the appearance of cellulite on the buttocks and thighs.

### **What results can I expect?**

Results can be seen in as little as three days. In the pivotal study, patient satisfaction was 85% at three months, 94% at one year, 96% at two years and 93% at three years, surpassing the patient satisfaction rates of other leading cellulite treatments.

### **What will I look like?**

Immediately after the procedure you will experience some swelling and/or bruising. There will be some scabs of the incision sites during healing, redness and inflammation of the treated area. This should start to improve after the first 7 days.

### **Important Information**

Cellfina™ does not involve a general anaesthesia. It relies on a minimally invasive, small needle-sized device to treat the cellulite-causing bands just beneath the surface of the skin.

No serious adverse events were associated with Cellfina™ in the pivotal study. The most common side effects reported by patients was soreness, tenderness and bruising. Just three days after treatment, patients rated their pain as minimal (2.7 on a scale of 0 - 10; 0=no pain, 10=extreme pain) and most (82%) felt pain only with touch or pressure to the area treated. More than 90% of patients had no bruising at four weeks.

### **How much will it cost?**

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and severity of the concern.

### **Need more information?**

Please call 0207 034 5999 or email [info@phiclinic.com](mailto:info@phiclinic.com) if you would like further details about your treatment, or to schedule for an appointment.



## Cellfina Aftercare Information

**Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications**

- Your treatment area(s) have been covered with sterile gauze bandages and secured in place with surgical tape. You may have been asked to wear compressive garments for your comfort and to limit post treatment bleeding, swelling and/or bruising.
- Fluid, such as the anaesthetic solution and blood, may seep from the treatment area for up to 12hours to 24hours. This fluid will soak into the gauze/ compressive garment and could potentially stain clothing. Your physician may have provided extra gauze, bandages and absorbent pads for this purpose.
- If you have been provided compressive garments, wear them as often as possible for the first 2 weeks post-treatment or the time your physician has instructed you to.
- Resist the urge to scratch at the treatment site or pick at the scabs of the incision sites during your healing.
- Treatment sites may be sore, tender and bruised. Side effects resolve quickly for most patients. Over 90% of patients had no bruising at 4 weeks post procedure. Individual healing time may vary from patient to patient.
- Light physical activity is allowed for the first 30days, but avoid extreme physical activity during this time.
- It would be best to avoid showering until the day following the procedure and do not take a bath or sit in a hot tub for several days or in a public area such as spas or pools.
- Avoid exposure of sunlight and tanning beds until the insertion site is completely healed. If sun exposure is unavoidable, use a high factor UVA/UVB sun block, according to product application and reapply often.

**Possible side-effects of treatment include:**

You may or may not experience the following conditions in and around the treatment area(s):

- Bruising or Hematoma (localized collection of blood)
- Swelling and/or edema
- Areas of firmness or hardness under your skin
- Inflammation (generalized redness)
- Mild bleeding (from needle/ blade punctures)
- Numbness, tingling, or sensitivity changes
- Redness or rash in the treatment or surrounding areas
- Red and brownish spots (from the needle/ blade punctures)

- Tenderness, pain
- Itchiness
- The normal healing process will result in fluid accumulation within the treatment area(s) which may be felt when touched. This fluid is a desired consequence of the treatment and results in the new tissue formation necessary to lift and smooth the dimples. The transition from fluid to more solid tissue should occur over the next several weeks and may result in a feeling of firmness and hardness under the skin which should diminish with time.
- Palpable areas of firmness (or softness) are expected. Areas can be firmly massaged with fingertips for a few minutes a day until resolved.

#### **Medications/ Other Treatments:**

- Antibiotic regime should be continued as prescribed
- Pain may occur during the first few days of the postoperative period and can be controlled with common analgesics such as acetaminophen as per your physicians discretions

Taking blood thinning (anticoagulant) medication (such as, Warfarin, Coumadin) or NSAIDs (Non-steroidal anti-inflammatory drugs) such as aspirin, Ibuprofen medications, e.g Motrin, Advil, Aleve etc., in the first few weeks following treatment may increase the risk of bruising. Resume normal diet and activity level as tolerated.

#### **When to call your physician:**

- Excessive bleeding form the treatment site
- Fever (temp >101)
- Any side effects or unusual symptoms of concern

**Should you need any further advice, or would like to book in for your next session of treatment, please call 0207 034 5999, alternatively, you can email us at [info@phiclinic.com](mailto:info@phiclinic.com)**