



What is Cellfina?

Performed by Dr. Khanna, Cellfina is a minimally invasive procedure proven to improve the appearance of cellulite.

Pre-Treatment

You should shower the night before or the morning of your treatment and no creams or lotions are to be applied to the treatment area. The day of the procedure it is recommended that you bring a compression garment (ex. Spanx, bike shorts, full support pantyhose) for support after the treatment.

Details of Procedure

With Cellfina, an injection of local anesthetic is used to numb the skin and a small needle sized device is used to treat the cellulite-causing bands just beneath the surface of the skin.

Post Treatment Care

After treatment, the area is cleaned and your compression garment may be applied. This compression wear should be worn day and night for the first 2 weeks then during the day (or at night) for 4 more weeks. It would be advised to have 2 compression garments so that you may wear one while the other is being washed. Fluid may seep from the treatment areas for the first couple of days, pads will be put in place to help soak any of this up. It would be ideal to have some panty liners on hand to be worn under your garment to help soak up any drainage. Strenuous exercise should be avoided for 4 weeks in order to avoid excess swelling. 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 public areas as spas or pools. Arnica gel, a homeopathic gel that helps with bruising and swelling, will be provided to you. Apply Arnica gel after each shower.

Possible Risks

You may or may not experience the following conditions in and around the treatments areas: Bruising, swelling, areas of firmness or hardness under the skin, inflammation, mild drainage for 1-2 days, numbness, tingling or sensitivity changes, redness in the treatment areas, tenderness/pain, itchiness.

Pain

Pain may occur during the first few days of the post-operative period and can be controlled with Tylenol (acetaminophen) if needed. Itchiness is another common side effect and can be relieved with antihistamines such as Benedryl or Reactin.