



Quantum (IgniteRF) Aftercare

Your body is remodeling itself. Let the science work. ☺

✔ DO — Immediately After:

- Cool skin with saline-soaked gauze to reduce discomfort 🧊
- Keep incision ports clean — change dressings daily 🩹
- Take prescribed oral analgesia for discomfort 🏠
- Take prophylactic antibiotics as directed for 5-7 days
- Stay well hydrated 💧 — water supports healing
- Rest and allow your body to begin its healing process ☺

🚫 AVOID:

- Touching, rubbing, or pressing treated areas 🙅
- Strenuous exercise 🏃 or heavy sweating for 1-2 weeks
- Hot showers 🚿, saunas 🛀, or hot tubs 🛁
- Sun exposure ☀ — wear SPF when outdoors
- Swimming 🏊 or submerging treated areas in water
- Alcohol 🍷 and blood thinners during recovery

👕 Compression Garments:

- 👕 Body areas: wear minimum **3 full weeks**
- Neck: 3-4 full days + 1-2 weeks nights only
- Face: garment use at physician's discretion
- Compression shapes your final result — wear consistently!
- Keep garment clean and wash regularly 🧼

⌚ What to Expect:

- ⬆️ Fluid drainage from ports for 1-3 days — totally normal
- 🩸 Bruising (ecchymosis) may last 7-10 days or more
- 🌊 Swelling (edema) may last 1-3 weeks
- 🦿 Numbness, tingling & tenderness for 4-16 weeks
- 🔥 Burning or heat sensation possible in treated areas
- 📈 Contour improvement visible immediately; continues 3-12 months

⚡ How Quantum IgniteRF Works:

- ⚡ RF energy delivered deep into tissue via micro-cannulas
- 🔥 Precisely disrupts fat & tightens skin from within
- 🧬 Stimulates collagen production — results build over months
- ⚡ Immediate collagen shrinkage + long-term skin remodeling
- ⭐ One of the most advanced body contouring technologies available

🌟 Maximize Your Results:

- 💧 Drink 8+ glasses of water daily to support collagen remodeling
- 🍖 Eat a protein-rich diet to support tissue repair
- 👕 Wear compression garment consistently — it shapes your result!
- ⭐ Apply SPF 30+ on treated areas once healed
- 📅 Attend all follow-up appointments with your provider

📅 Recovery Timeline:

- 🕒 Days 1-3: Drainage, swelling & tenderness — expected
- 📅 Week 1-3: Bruising fades, swelling reduces
- ⭐ Month 1-3: Skin tightens, contour improves visibly
- 🕒 Month 3-12: Full results revealed as collagen remodels

⚠️ Call Us If You Notice:

- 🏠 Signs of infection: redness, warmth, pus, or fever
- Severe pain not controlled by prescribed medication
- Unusual skin color changes or blistering
- Swelling that worsens significantly after the first few days

⚡ **Results keep improving for up to 12 months!** Quantum IgniteRF triggers deep collagen remodeling that continues long after your treatment. The contour you see immediately is just the beginning — your skin will continue to tighten and refine over the coming months. Be patient and trust the process!