


Precare & Postcare

Attiva

Attiva

# treatment

 @isab

Dolce Vida Medical Spa

# PRECARE ATTIVA

## ***What is ATTIVA S.I.H? (sub-dermal induced heat)***

ATTIVA S.I.H is a minimally invasive in-office Radiofrequency (RF) treatment for the face, neck, and body. RF stimulates collagen and elastin production and can be used as a stand-alone treatment or used in combination with other modalities. The ATTIVA S.I.H provides the precision required to customize the results on patients of all ages and skin types.

### 7 DAYS BEFORE

- Stop blood thinners (e.g., Vitamin E, A, Niacin, fish oils, aspirin, Advil, etc.).
- Inform provider if on prescription blood thinners (Plavix, Coumadin, Heparin).
- Discontinue Retin-A and exfoliants.
- Take Vitamin C and Arnica supplements.
- Let us know if you have a history of cold sores.

### 48 HOURS BEFORE:

- Avoid alcohol, smoking, and niacin.
- Antibiotics/anti-inflammatories may be prescribed.

### DAY OF TREATMENT:

- Arrive makeup-free.
- Hydrate well and eat a balanced meal.



# POSTCARE ATTIVA

## **Treatment Description:**

*A topical numbing cream is applied to numb the skin and minimize discomfort during treatment. Lidocaine injections may also be used to minimize discomfort. You may feel discomfort during the numbing injections. Once the area is numb, skin is cleansed prior to treatment. The ATTIVA S.I.H device is inserted under the skin to deliver the targeted radiofrequency energy while the temperature is monitored internally and externally. The device is a thin micro-cannula which delivers heat to cause contraction of the tissue. While there is minimal pain during the treatment, you may feel a warming and or pressure sensation during the treatment.*

### IMMEDIATELY AFTER:

- Expect redness, swelling, and tenderness for 7–10 days.
- Use warm compresses (not ice).
- Sleep elevated to reduce swelling.
- Bruising may appear days later and last up to 2 weeks — continue Arnica.

### FIRST 24–48 HOURS:

- Avoid makeup for 24 hours.
- Cleanse gently and moisturize.
- No skincare with acids or active ingredients.
- Avoid heat (sun, hot tubs, saunas), alcohol, and intense exercise.
- Wear SPF and use mineral makeup after 24 hrs.

### FIRST WEEK:

- Continue hydration and Vitamin C.
- Avoid alcohol, aspirin, fish oils, and multivitamins for 7 days.

### FOLLOW-UP:

- Schedule your follow-up 4 weeks post-treatment.
- Results build over 3–4 months, and your provider will advise if additional sessions are recommended.

### REMINDERS:

- Not suitable if pregnant, breastfeeding, or allergic to lidocaine.
- Share all medications, supplements, and allergies with your provider.
- Call 203-513-8457 with any concerns or reactions.