



Aqualyx is an injectable solution used to dissolve localised fat deposits in areas such as the hips, saddle bags, thigh, knees, jowls and chin. The body then expels the released fatty acids naturally.

The number of treatments required varies depending on the thickness of fat to be removed. Typically 1-3 treatments for small areas (e.g. jowls) and 2-8 treatments for larger areas (e.g. thighs) at four-six weekly intervals.

Recovery instructions:

Immediately after treatment, there may be slight redness, swelling, bruising, tenderness and an itching sensation in the treated area. This is a normal result of the injections.

Aqualyx works by causing an inflammatory reaction in the fat cells which can result in swelling that lasts 3-14 days. This swelling can be obvious when having facial treatments (e.g. chin). During this time, you may want to organise time off work / social engagements.

Do not apply make-up or skincare to the treated area for 24 hours.

Avoid touching the treatment area 6 hours after the treatment. After that the area can be gently washed with soap and water, and light make-up can be applied in the case of the neck/jaw area after 24 hours. Do not use any anti-inflammatory tablets for 48 hours.

Until the initial swelling has resolved, do not expose the treated area to intense heat (e.g. sunbed, sauna, spas, sunbathing).

If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site.

Avoid physical exercising for 48 hours.

Avoid laser, cryolipolysis or radiofrequency treatments for 14 days.

Protocol for resolving bruising and swelling

1. Cold compress. Use a cool pack wrapped in a clean cloth and used for a maximum of 20 mins.
2. Arnica cream: Available in Boots, apply generously before going to bed, will help resolve bruising.
3. Wearing a compression garment can help with the swelling (and results).



Common side effects:

- Red, tight and itchy skin.
- Swelling.
- The treated area may feel tender and firm for up to **eight weeks** after your treatment.

Review procedure:

All side effects must have fully resolved before a further treatment can be performed. Please schedule your review 4-6 weeks.

Adverse reaction awareness:

The results directly after the treatment should not be seen as the final result.

Pain and discharge are not normal. If you experience these, please call the clinic immediately for advice.

If you experience persistent or increasing swelling and redness that might indicate infection, or bruising that is more than average, contact us via email: info@mypureaesthetics.com