

# RESCULPT CLINIC



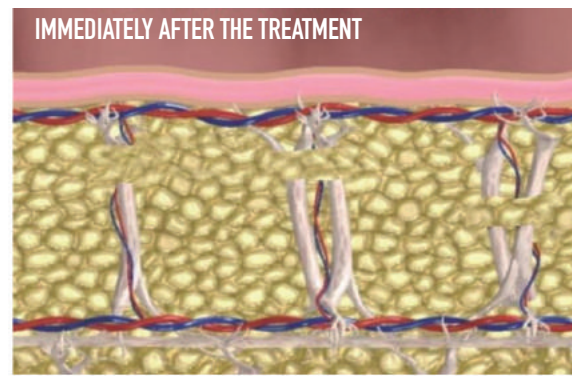
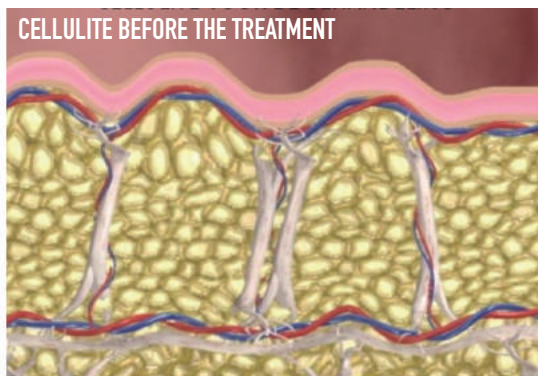
Hét Nederlandse expertisecentrum voor vetbehandelingen



*Cellulite treatment  
with manual subcision*

## Cellulite treatment with manual subcision

**Manual subcision tackles cellulite at the root cause: at the connective tissue strands that pull the skin down, causing visible pits on the surface of the skin. When these strands are loosened, the treated skin bounces back, resulting in smoother skin.**



### Preparation before treatment

It is recommended (not mandatory) to start taking 3 Arnica D6 tablets 4 times a day 2 weeks before the procedure, which reduces the appearance of bruises. You can stop this 7 days after the treatment.

- Where possible, avoid alcohol and blood thinners from one week before the procedure. Always discuss this with a doctor in advance.
- Do not use body lotion or cream on the area to be treated the evening before and on the day of the procedure.
- You do not need to fast for the procedure, have breakfast and/or lunch as usual. However, caffeinated drinks (e.g. coffee and cola) are not permitted on the day of the treatment.
- On the day of the treatment, wear a dark shirt that does not cover the buttocks, small dark-colored underpants (thong), dark-colored socks (these will get wet during the procedure) and take a plastic bag with you.
- Bring an extra shirt, underpants (loose fitting), sweatpants and a pair of socks for after the treatment.

### The treatment

The duration of the procedure depends on the degree of cellulite and the number of pits being treated. After the skin has been cleaned with alcohol, all dents and pits are carefully marked with a marker, after which the anesthetic fluid is injected with a fine needle. Once everything is properly anesthetized, a small surgical instrument is used to cut the connective tissue strands. After this, the treatment is completed and absorbent bandages are applied.

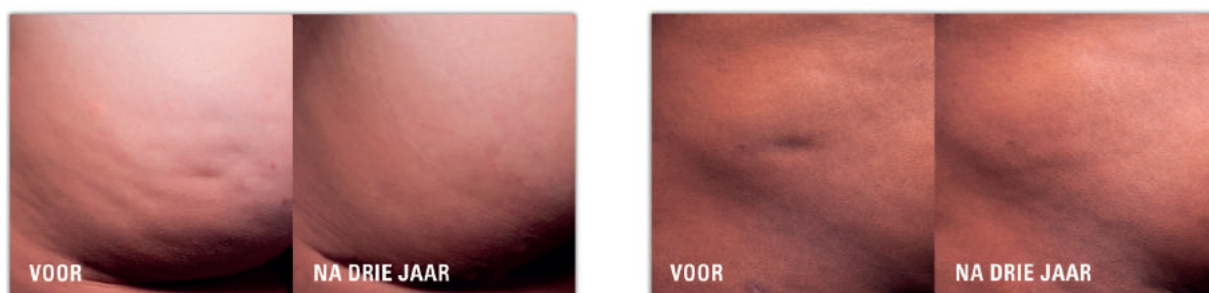
### After the treatment

When the anesthetic wears off after 1-2 hours, the skin will feel a bit sore. Sensitivity, somewhat uncomfortable sitting and difficulty cycling will hardly be present after 1-2 weeks. If bruising occurs, it usually disappears after 4 weeks. You can undertake whatever activities feel good after the treatment. There are no strict restrictions.

It is recommended to take 2 tablets of 500 mg paracetamol 3 times a day for the first few days, then you will be least restricted after the treatment. This is not strictly necessary. You can simply take a shower the next morning or the same evening. It is nice to wear some supportive clothing (for example shaping pants). The wounds may leak slightly during the first 24 hours.

### Results

You can see the first improvements after three days. Overall, the treated area will look calmer. Dents, dots and grooves will be less visible and sometimes even disappear. In clinical trials, patient satisfaction was 85 percent at three months, 94 percent at one year, 96 percent at two years and 93 percent at three years, making patient satisfaction higher for the subcision method than other popular cellulite treatments.



### Risks and complications

No serious side effects occurred with manual subcision treatment. Given the nature of the treatment, these are not to be expected. Cutting the connective tissue strands has been done for a long time, the standardized method with manual subcision has been around since 2015. The most common complaints are mild pain, tenderness and bruising; these disappear within a short time. Three days after treatment, patients rate their pain as minimal and most only feel pain or tenderness when touching or pressing the treated area. This improves quickly and almost all patients have no more bruising after four weeks.

### Safety

At ReSculpt Clinic we do everything we can to guarantee your safety during a visit or treatment. You can also contribute to this yourself, for example by informing your treating physician in detail about your complaints, medication use, lifestyle, etc. Ask questions if something is not clear or if you are concerned.

## **Reimbursement**

Treatment of cellulite is not covered by insured care and is not reimbursed by the health insurer.

## **Information and introductory meeting**

Would you like to know more about this treatment and what is possible for you? Schedule an appointment for a no-obligation information meeting or a telephone consultation via the contact page on our website. During the information meeting with the medical specialist, ample time is taken to explain the condition, the treatment, the side effects, the follow-up process and the result, so that you are optimally informed. The conversation lasts approximately 30-45 minutes.

## **Complaints and privacy regulations**

*ReSculpt Clinic has a complaints and privacy policy. You can request this for inspection via the contact page on our website or via [contact@resculpt.nl](mailto:contact@resculpt.nl)*

*More information on the cellulite treatment with manual subcision, can be found on our website: [www.resculptclinic.nl](http://www.resculptclinic.nl)*

The logo for Resculpt Clinic features the word "RESCULPT" in a dark grey, serif font above the word "CLINIC" in a lighter grey, serif font. A thick, wavy orange line arches over the text, starting from the left and ending on the right.

RESCULPT  
CLINIC

*Hét Nederlandse expertisecentrum voor vetbehandelingen*  
**Behandellocatie: Noordhollandstraat 61, 1081 AS Amsterdam**  
**Telefoon: 085 130 5869 Fax: 085 130 2119**  
**[contact@resculpt.nl](mailto:contact@resculpt.nl) [www.resculptclinic.nl](http://www.resculptclinic.nl)**