

AVELI – FAQs

Aveli is the first and only cellulite procedure that identifies and releases the septa that cause cellulite dimples on the buttocks and thighs, with a real-time confirmation of release, all in a single office visit. Aveli is a minimally invasive procedure performed by a trained provider using local anesthesia and delivers meaningful long-term results.

What is “septa” that causes cellulite dimples?

The septa are fibrous bands that connect your skin to the underlying muscle. As fat cells accumulate, they push up against the skin and the septa pull the skin down, creating the characteristic dimpling effect or uneven skin surface we know as cellulite.

What does Aveli treat?

Aveli treats the septa bands causing the cellulite dimples, easing the tension in the bands to allow for a smoother skin surface in the treatment area. Aveli does not address skin laxity or fat pockets but can be used as part of complete surgical plan for a more comprehensive approach to specific goals.

Will I need multiple sessions?

Aveli is designed to be a single, in-office procedure during which Dr Zach can fully treat the targeted cellulite dimples on both your buttocks and thighs with durable, long-term results. Of course, every body is different and your surgical consultation may recommend a specialized course of treatment aimed at achieving your desired results.

How long does an Aveli procedure take?

As a single, in-office procedure, Aveli treatment takes about an hour including local anesthesia and the procedure itself. Exact timing will ultimately depend on your specific treatment plan.

What is the downtime after the procedure?

A single, in-office Aveli procedure has little to no downtime and the clinical study showed most patients resumed normal activities within 24-48 hours.

Can I exercise after the procedure?

It is recommended to avoid any strenuous activities or workouts in the first few days/weeks after the procedure to allow the treatment area(s) to heal. Dr Zach provides every patient with a post-procedure plan based on recognized medical standards of care and specific to your individual treatment plan.

Are there any side effects?

In the clinical study, most common side effects reported were mild pain with the first 24 hours and bruising and tenderness to the touch with typically resolved within 30 days. Small areas of firmness, usually not visible or painful, typically resolved in a couple of months.

How quickly will I see improvement in my cellulite?

The results of your Aveli procedure should be visible once swelling and bruising subsides. By one month post-procedure, you should start to see the effects of the procedure which will continue to improve with time.

How long with the results last?

Aveli is FDA-cleared for long-term reduction in the appearance of cellulite in the buttocks and thigh areas of adult females. Patients in the clinical study demonstrated a reduction in the appearance of their cellulite when assessed one year after the procedure.

References:

Stevens WG, Green JB, Layt C, et al. Multicenter Pivotal Study Demonstrates Safety and Efficacy of a New Cellulite Procedure: Final Results at 12 Months [published online ahead of print, 2022 Nov 10]. *Aesthet Surg J.* 2022;sjac291

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