



Tumescent Liposuction: After Care

Post-Operative Instructions:

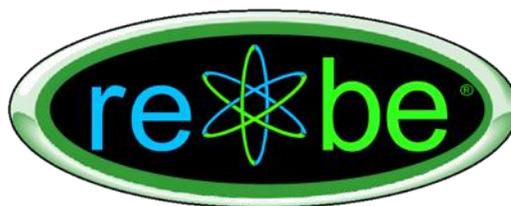
- DO NOT** drive or operate heavy equipment for the remainder of the day
- DO NOT** drink alcohol for 48 hours
- DO NOT** apply hydrogen peroxide or plastic Band-Aids to any of the drainage slits or holes (incision sites)
- DO NOT** soak your suture areas in a bath, Jacuzzi, swimming pool, or body of water for 14 days following surgery
- DO NOT** engage in vigorous physical activity for 2 weeks

- DO** Resume your normal diet after surgery. Drink plenty of water, fruit juices or soft drinks
- DO** cleanse the incision areas daily
- DO** take all of the prescribed antibiotics

Your need for pain medication should be minimal. We recommend trying over the counter Tylenol® for any discomfort. Ibuprofen based over the counter medication can be tried if Tylenol® is not adequate or does not work for you. Keep in mind that (especially in the first 3 days after the procedure) ibuprofen can lead to increased bruising.

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- 1. Going Home:** You should not drive yourself home. It is recommended that a responsible adult be with you on the day of surgery to drive you home after your discharge from re*be.
Diet: Resume your usual diet immediately. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration. **DO NOT drink alcohol** 48 hours before or after surgery.
 - 2. Activities:** Quiet rest is recommended immediately after surgery. After surgery do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours after surgery. After surgery, you are welcome to take a short walk if desired. The day after Laser Lipolysis and Tumescent Liposuction surgery you should feel well enough to drive your car and engage in light to moderate physical activities. You may carefully resume exercise and vigorous physical activity within two weeks after surgery, depending on your recovery speed and pain tolerance. Most people can return to a desk job within 1-2 days after surgery, although one must expect to be sore and easily fatigued for several days. Strict adherence to restrictions and limitations imposed on driving, operating machinery, and engaging in risk adverse activities while taking certain prescription medications such as narcotic analgesics must be done in accordance with pharmacy labels on medication usage.
 - 3. Post-Op Absorbent Pads:** After surgery you will be sent home wearing a compression bandage with absorbent pads. The absorbent pads are placed over the treated areas to absorb the large volume of drainage of blood-tinged anesthetic solution during the first 24 to 48 hours after surgery. The pads are held in place by elastic garments. Beginning tomorrow morning, change pads twice daily. During the first few hours after surgery, if you discover some drainage leaking around the larger pads, simply apply a small absorbent pad over the area by sliding it under the garment.
 - 4. Post-Op Elastic Compression Garments:** After Laser Lipolysis and Tumescent Liposuction, postoperative garments are worn in order to hold the absorbent pads in place, and to provide compression to minimize bruising, and to maximize drainage of the blood-tinged anesthetic solution. On the morning after surgery when the garments are first removed in order to take a shower, the patient may experience brief dizziness and lightheadedness similar to what one experiences when standing-up too quickly. These symptoms are usually the result of rapid decompression of the legs after the elastic

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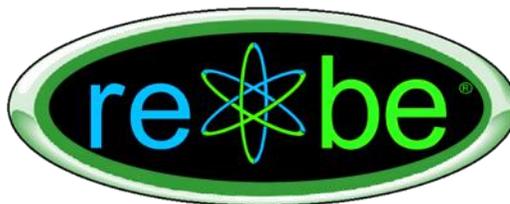


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garments are removed. If dizziness occurs, sit or lie down until these symptoms resolve. Dizziness is reduced by first removing the outer garment (outer layer) and waiting 5 to 10 minutes before removing the second (inner layer) garment. Beginning the day after surgery, you must remove the post-op garments twice daily to take a shower. You may wash the garments during these times. Some body areas require two garments, whereas other areas require only one garment plus elastic binders (belts). **These garments should be worn day and night until all drainage has completely stopped, plus an additional 24 hours.** Do not be concerned if you continue to experience drainage for several days. Notify us if the drainage persists for more than 8 days. Discontinuing the use of the garments and binders too soon may result in prolonged drainage. Typically, patients will need to wear the garment for a minimum of 3 to 6 days, although many choose to wear the garments longer because of the added comfort they provide. Wearing the post-op garment for more than the minimal number of days is of no significant advantage in terms of the ultimate cosmetic results. For Total Tumescant Liposuction of the **Chin, Cheek & Jowls**, first a beige colored spandex head-garment is placed to provide mild compression and to hold the absorptive pads in place; next a 2 inch-wide black elastic band is placed under the chin and over the top of the head and worn for one hour giving extra compression to minimize bruising. Drainage lasts 1 to 2 days. For Laser Lipolysis of the **Neck, Chin & Jaw Line**, garment compression is optional and may not be required.

5. **Managing Post-Op Drainage:** One should expect a large volume of blood-tinged anesthetic solution to drain from the microincisional slits during the first 24 to 48 hours after Laser Lipolysis and Tumescant Liposuction. In general, the more drainage there is, the less bruising and swelling there will be. During the first 48 hours, you should sit or lie on towels. When there is a large amount of drainage, it is advisable to place a plastic sheet beneath the towel. Super-absorbent dressings are worn under the compression garments for at least the first 48 hours. When drainage has nearly stopped, patients need only place thin absorbent gauze dressings or small pads on microincisional slits that continue to drain.
6. **Wound Care & Bathing:** Keep the microincisional skin slits clean. Shower once or twice daily. First wash your hands then wash the skin slits gently with soap and water. Afterwards, gently pat the area dry with a **clean dry towel**. Apply new absorbent pads. Skin slits that have stopped draining no longer need absorbent pads. **Take the full course of prescribed prophylactic antibiotics as directed until the prescription is finished.** Take antibiotics with food to minimize GI upset. Call our office if you notice signs of infection such as fever, foul smelling drainage, focal redness, swelling, or increasing pain in one of the treatment areas.
 - **DO NOT apply an ice-pack or a heating pad** to the skin treatment area of Laser Lipolysis and Tumescant Liposuction for at least 4 weeks following the procedure.
 - **DO NOT apply hydrogen peroxide or plastic Band-Aids** to any of the drainage slits or holes (incision sites).
 - **DO NOT soak in a bath, Jacuzzi, swimming pool, or body of water** for 14 days following surgery.
7. **Common Side-Effects** of Laser Lipolysis and Tumescant Liposuction: **Menstrual irregularities** with premature or delayed onset of monthly menstruation are a common side effect of any significant surgery. **Flushing** of the face, neck and upper chest may occur after Laser Lipolysis and Tumescant Liposuction surgery and usually lasts for a day or two. **Slight temperature elevation** during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. **Discomfort and soreness** is worse the second day after surgery, but then improves daily. Most patients undergoing Tumescant Liposuction and/or Laser Lipolysis and/or Sub-dermal Laser Ablation describe the postoperative discomfort as resembling the muscle soreness one feels after a very strenuous workout. One extra-strength Tylenol may be taken orally every 4 hours while awake for the first 48 hours following surgery to reduce the postoperative inflammation, swelling, and soreness. The daily dose of Tylenol (acetaminophen) should not exceed 4,000 mg (4,000 mg = 4 grams = 8 x 500 mg extra-strength Tylenol). Do not take aspirin or ibuprofen (NSAIDS) or medications that contain these drugs for 3 days following surgery since these medications can promote bleeding. Narcotic analgesics may also be prescribed for moderate to severe pain relief. Be aware that most of the narcotic pain medications also contain sufficient amounts of acetaminophen (Tylenol) in each pill. **Bruising** is minimal with Tumescant Liposuction, Laser Lipolysis, and Sub-dermal Laser Ablation. Nevertheless, the more extensive the procedure, the more bruising one can expect. **Pain and swelling** due to an inflammatory reaction to surgical trauma may occur and increase in symptom severity for 5 to 10 days after surgery. This condition needs to be evaluated by the surgeon and may be treated using anti-inflammatory medications and/or antibiotics. **Itching** of the treated areas several days after surgery may occur as part of the normal healing response. To help relieve the itching, you may try taking an oral antihistamine such as Benadryl, as directed on the packaging label. Be aware that Benadryl causes drowsiness.

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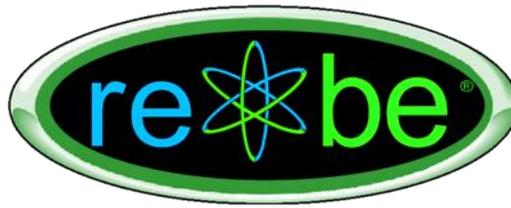
Over-the-counter non-sedating antihistamines such as Claritin (loratadine), 10mg orally taken once daily may be taken instead of Benadryl to avoid the unwanted side-effects of drowsiness.

- 8. Schedule Follow-Up Appointments** at our re*be office at intervals specified by your cosmetic surgeon following your Tumescant Liposuction and/or Laser Lipolysis and/or Sub-dermal Laser Ablation procedure. You are welcome to return to our office for follow-up visits at no charge to you. Please contact us by telephone if you have any urgent questions or concerns.

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I AGREE WITH THESE POST OPERATION INSTRUCTIONS:

Patient Signature

Date

Witness Signature