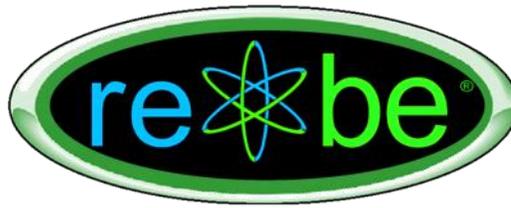


re*be Skin & Vein Clinic
P.O. Box 125
1008 East View Ave. Unit 8
Okoboji, Iowa 51355



(712) 332-6001
(712) 332-LIPO
(712) 332-6010 fax

Silhouette® Lift: After Care

Post-Operative Instructions:

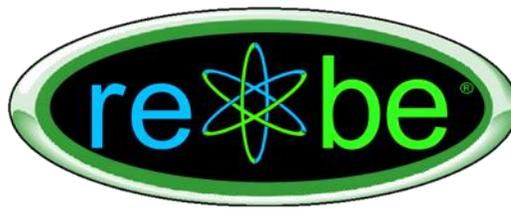
DO NOT drive or operate heavy equipment for the remainder of the day
DO NOT drink alcohol for 48 hours
DO NOT Floss your teeth for 2 weeks. It puts excessive stress on your sutures so this should be avoided.
DO NOT apply hydrogen peroxide or plastic Band-Aids to any of the drainage slits or holes (incision 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 Stay on a soft diet for the first 3 days after surgery. Drink plenty of water, fruit juices or soft drinks
DO keep your head elevated at least 30 degrees for the first three nights.
DO Avoid any direct pressure to the face and area where the sutures were placed for Three (3) weeks after surgery has been performed. (Example: sleeping on your face - known as the face down position)
DO limit facial movements to a minimum for at least 2 weeks. Avoid excessive chewing, talking, yawning, smiling, and other facial movements during this period of time.
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.

-
- 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 Silhouette Suture 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 Elastic Compression Garments:** After surgery you will be sent home wearing a compression bandage. Wear the bandage for 3 days after surgery.

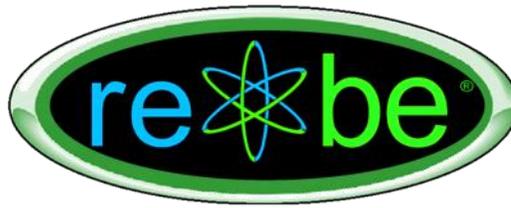
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4. **Wound Care & Bathing:** Keep the suture areas clean. First wash your hands then wash the skin slits gently with soap and water. Afterwards, gently pat the area dry with a **clean dry towel**. **Take the full course of prescribed prophylactic antibiotics 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 Silhouette Lift and Tumescent 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.
5. **Schedule Follow-Up Appointments** at our re*be office at intervals specified by your cosmetic surgeon following your Silhouette® Suture 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. **RONALD J. KOLEGRAFF, MD CELL PHONE: (319) 331-8733**

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Silhouette Lift after instructions

POST-OP INSTRUCTIONS FOR SILHOUETTE LIFT SUTURES

Please read the instructions completely and follow them carefully:

Keep your head elevated at least 30 degrees for the first three nights.

Avoid any direct pressure to the face and area where the sutures were placed for Three (3) weeks after surgery has been performed.

(Example: sleeping on your face - known as the face down position)

You may wash your hair and face. Be carefully when washing your hair near the areas where incisions were made.

Stay on a soft diet for the first three (3) days after surgery has been performed.

Please keep facial movements to a minimum for at least two (2) weeks. Avoid excessive chewing, talking, yawning, smiling, and other facial movements during this period of time.

Flossing your teeth is difficult to do and also puts excessive stress on your sutures so this also should be avoided.

Pain medication should be needed minimally if at all. We recommend trying over the counter Tylenol® for any uncomfortable pain. Stronger ibuprofen based over the counter medication can be tried if Tylenol® is not adequate or does not work for you, however especially in the first three days after the procedure ibuprofen can lead to increased bruising.

I AGREE WITH THESE POST OPERATION INSTRUCTIONS:

Patient Signature

Date

Witness Signature