



IDEAL FACE & BODY

## **PRECISION SCULPT ® Instructions** **Please Read Prior to Your Procedure**

### **PRE-PROCEDURE INSTRUCTIONS:**

- Review your current (if any) medications with our staff and for any restrictions related to your surgery.
- Avoid alcohol, tobacco, fish oil, flax seed and omega 3 pills for one week before and after surgery.
- If you are taking a blood thinner (Aspirin, Coumadin, Plavix, etc.) please inform your doctor and stop taking it one week before your procedure.
- Notify us immediately of any change in your health to include a rash, skin infection, open wound or respiratory infection.
- Fill your prescriptions if provided.
- Have a supply of large maxi (Poise) pads for anticipated leakage
- Eat dinner the night before your procedure.
- Take your medications, unless otherwise instructed by your doctor.
- Shower the morning of your procedure.
- You are able to wear deodorant the day of the procedure, but please do not use any body or facial creams. If you are having chin/neck sculpting, do not use any make-up.
- If you are prone to constipation, then obtain some or all of the following: Metamucil, prune juice, Dulcolax, and/or fleets enema.

### **DAY OF PROCEDURE:**

- Do NOT take any sedating medications (such as those for anxiety, pain or nausea) before instructed to do so. This is necessary for you to be alert and give proper informed consent to the physician.  
**Doing so could result in cancellation.**
- Have a light breakfast but do NOT drink caffeine on the day of your procedure.
- Do NOT wear jewelry or bring valuables. A mobile phone is okay.
- If you are diabetic, please bring your glucose- testing device with you.
- If appropriate, we will do a pregnancy test.
- **For your safety you must have a responsible adult drive home after surgery and be with you the first 12 hours. This person will have to sign you out after your procedure. This is necessary because some medications used will be in your system for many hours and you could develop symptoms requiring attention.**
- Wear dark-colored, loose fitting clothing that will be easy to get on and off, preferably without having to go over the head. Warm socks are advised. Clothing may become soiled and may need to be discarded.
- Use large towels to protect car, bedding, seating, etc. from anticipated drainage.

### **POST-PROCEDURE INSTRUCTIONS:**

**STRICT ADHERENCE TO THE POST-PROCEDURE INSTRUCTIONS IS CRITICAL TO ASSIST IN THE RECOVERY PROCESS AND TO AID IN MAXIMIZING YOUR FINAL RESULT.**

- **MEDICATIONS:** Avoid alcohol while taking prescription medication. Complete your course of antibiotics as prescribed. Please take your antibiotics as directed starting the morning after your procedure. Take prescribed pain medication only as needed. Take medications with food to reduce nausea. If you take prescription painkillers, please do not drive after taking them. Also, be aware

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they may result in nausea, vomiting and constipation. In fact, prescription painkillers cause most cases of nausea after surgery. If you are nauseated, please do not take them.

- **GARMENTS:** Compression garments are to be worn for 48 hours straight before removing to shower. Afterwards, wear compression garment as instructed by your surgeon; your surgeon will give specific instructions. If you have had chin/neck sculpting, please wear the neck garment for 48 hours straight and then wear the garment mostly at night for one week. It's best to wear your garment 24 hours a day unless you are showering or washing it. Showering is good time to launder the garment. The garment should provide compression without being uncomfortable. Post-operative garments are intended to reduce swelling, control pain and improve surgical results. Remove your garment slowly after 48 hours. It's best to drink a large glass of water prior to removing your garment for the first time. The garment is washable on a gentle cycle and tumble dry on low heat for about 5 minutes. The garment will shrink if put in the dryer on regular heat. When you remove the garment for the first time, make sure you are sitting on the bed and rest for a few minutes before standing up. Some patients get dizzy at this point. If you are dizzy, please lay on the bed for about 5 minutes with your legs and knees elevated above your heart; then stand up slowly before showering. If after two weeks of healing and additional support is desired, clothing similar to Spanx is a good option.
- **FOAM PADS:** We will be placing foam pads underneath the compression garments on the areas where the fat was taken. Patients MUST continue to wear foam pads for the first week after their surgical procedure. If the foam pads are soiled, flip over and wear on the opposite side, do NOT wash foam pads. At the one week follow up, the surgeon will continue to coach you on how to use the pads. The foam pads are not to be confused with the maxi(Poise) pads which can be disposed of 48 hours after procedure when you shower.
- **POSTURE:** Maintain good posture during the early healing process. If your neck is sculpted, elevate your head on pillows when resting and please do not look down for prolonged periods as this may result in creases. Sleep on your back unless you have undergone fat transfer to your buttocks. Do not slouching over while sitting if your abdomen has been sculpted. If your arms and or legs have been sculpted, then please elevate them on pillows while resting. This will help minimize hand and ankle swelling respectively.
- **BATHING:** You may shower 48 hours AFTER surgery. Do not use a tub, swimming pool, hot tub or whirlpool until incisions are fully closed (typically 1-2 weeks). You may feel lightheaded upon after being in hot water. A shower assistant is advised. The large white foam pads around your abdomen are to be removed while in the shower at 48 hours. Use soap to release them from your skin.
- **DRAINAGE:** Expect drainage (oozing), often blood tinged, from the incisions for 48 hours. Initially this may seem to be a large amount, which is primarily the anesthetic and saline fluid injected during surgery. Use large towels to protect your car, bedding and seating surfaces. Your pads are not necessary and are only in place to collect drainage; they can be removed or replaced as little or as often as you like. DO NOT take your compression garment off to replace pads in the first 48 hours. Pads may irritate the skin and can be removed and not replaced at any time.
- **INCISIONS:** Keep incisions clean and dry using absorbent dressings as needed for the first 48 hours but do not remove the garment. After 48 hours and showering, continue to keep incisions clean and dry. Do not cover incisions with topical ointment or bandaids. Yellow crusting is normal. Once incisions are closed and scabs are gone (~2 weeks), you may use a scar cream if desired. Avoid sun to the incision area for 2 weeks and use SPF 30 or greater for 6 months. The incision can become thickened and red, which is usually part of the normal healing process. Report any concern of infection.
- **TREATMENT AREAS:** There will be an initial period of swelling and light bruising. Swelling may be noted below the surgery site as gravity pulls the fluid downward; this may be especially prominent in the pubic area after abdominal surgery or in the calves and ankles after thigh surgery. This may last up to 2 weeks and, although it may be dramatic in appearance, is not significant concern. Do NOT apply heat or ice to the treatment areas. Treatment areas may be hard and lumpy for up to 6 months. You must begin gentle massage to the areas 1-2 weeks after surgery and then more aggressive

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massage such as endermologie 1-3 times per week for 1-3 months. Decreased skin sensation in the treatment area is normal and may take several months to resolve.

- **BRUISING:** Bruising is normal and will vary on the extent of surgery and may last up to 3 weeks. The use of *Arnica* may help reduce bruising.
- **DISCOMFORT:** Post-procedure discomfort often takes the form of deep muscle soreness and generally improves over 7 to 14 days. The amount of post-operative discomfort one experiences is highly individualized and cannot be predicted. Post-operative discomfort can be influenced by a variety of factors. Your overall health and well-being plays a vital role resulting in a healthy recovery. Additional influential factors include the number and location of treatment areas, total amount of fat removed, and the extent and difficulty of the procedure. If you have prolonged or excessive discomfort please notify us. Some patients report a burning or “rubber band snapping” sensation. This feeling is nerves recovering and it may last several months. Use home and prescribed pain medication as needed.
- **ACTIVITY:** Begin walking and performing non-strenuous activities immediately. Walk at least 30 to 45 minutes a day starting the day after your procedure, with full activity in 2 weeks, and strenuous activity in 2 to 3 weeks. You can begin to resume your workout routine two weeks after your procedure. Please be patient and don't push yourself. If it hurts, don't do it.
- **CLOTHING:** Avoid tight clothes or bands for 1 month in the treatment area as this could cause permanent marks or depressions.
- **DIET:** No specific restrictions, but advance diet slowly the first day. Avoid salt for 2 weeks to limit swelling. Drink plenty of water, especially for the first 48 hours, as dehydration may cause light-headedness, nausea, vomiting, and delayed healing. You may increase your daily vitamin c and protein to assist in healing. In general, eat well, no dieting for at least 1-2 week.
- **SMOKING:** Smoking may decrease healing and should be avoided for 4 weeks before and after surgery.
- **OTHER:** Infrequently, there may be menstrual irregularity, flushing, low- grade temperature or depressed mood.

### NOTES:

**EVERYONE HEALS DIFFERENTLY AND WE CANNOT CONTROL WHAT SYMPTOMS YOU MAY HAVE, HOW MILD OR SEVERE THEY MAY BE, OR AT WHAT SPEED YOU WILL RECOVER FROM LASER LIPOSCULPTURE.**

- A healthy lifestyle of diet and exercise will help you obtain better results. This is not a weight loss procedure.
- Full benefit will not be seen for 6 months. You may notice temporary weight gain due to retained fluids from the procedure. This may last 1 to 3 months.
- Follow-up appointments are commonly at 1 week, 1 month, and 3 months.
- DO NOT DRIVE WHILE TAKING PRESCRIPTION MEDICATION, SUCH AS PAIN MEDICINE, OR OTHER MEDICATION THAT CAN MAKE YOU DROWSY.
- CALL IMMEDIATELY FOR EXCESSIVE PAIN, BLEEDING REDNESS, FEVER OR OTHER CONCERN. IF YOU BELIEVE YOU ARE HAVING A MEDICAL EMERGENCY CALL 911.