

PRE AND POST-OPERATIVE INSTRUCTIONS

LIPOSUCTION

Pre Operatively:

1. On the evening prior to the surgery, be sure to get a good night sleep. If needed, take the sedative (Valium) prescribed by Dr. Gross.
2. On the day of surgery, limit food intake to light breakfast or lunch. Bring your prescriptions to the office when you come in for the procedure. Upon arriving to the office inform nurse. The Valium should be placed under the tongue when you arrive. Let the pill dissolve and then you may have some water.
3. Be sure that your home and car will be prepared for you. Following surgery, drainage of tumescent anesthesia may ruin car upholstery, carpeting, linens, and bedding. We recommend covering car seats, your bed, and any other furniture that you might rest on with a waterproof pad or cover.
4. Wear old, loose, dark colored clothes to the office on the day of surgery. Sweats and warm-ups suits tend to work best. Women are usually most comfortable in a cotton sports-type bra. Be aware that anything you wear to surgery may end up ruined by tumescent anesthesia drainage. Men should bring an extra pair of boxers or briefs.

Post Operatively:

1. Immediately following surgery,, absorbent dressings will be placed on incision wounds to collect drainage and you will be fitted with a tight compression garment which will facilitate retraction of the skin over suctioned areas. Please wear the garment overnight. If the absorbent pads become saturated with drainage, they may be replaced with dry absorbent pads if this can be done without removing the garment.
2. Sitting in an upright position will facilitate drainage. If you lay flat on your back at home immediately after liposuction, you will start draining profusely as soon as you next stand up. After 6-8 hours postoperatively you may lie flat, and sleep in any comfortable position.
3. The morning after the surgery, you may remove the garment and absorbent dressings and take a shower. Wash and dry your garment. It is perfectly acceptable for incision wounds to get wet after this point. Wash incision sites with soap and water, apply a small amount of Vaseline ointment and cover incision with Band-Aids. Repeat wound care once daily until your post-op appointment. Put your compression garment back on.
4. Garments should be worn from 18-24 hours per day during the first two (2) post-operative weeks, then may be replaced with a body slimmer or body shaper 12-18 hours per day for the following four (4) weeks. These may be found in the lingerie section of most department stores, or at www.lipoinabox.com.
5. We recommended avoiding strenuous activity for the first two to three days following surgery. Be sure to get out of bed for meals, bathroom, etc. to keep the circulation in your legs flowing. Most patients are usually able to return to normal activity and work within 2-3 days following

liposuction. Some patients who experience above average soreness may require a longer convalescent period. High impact aerobic activities or exercise that will raise the heart rate should not be performed for two (2) weeks minimally.

If you have any questions or problems, please do not hesitate to call the office (770) 781-5077, cell (404) 520-0697. If there is ANYTHING related to the procedure, please call us!

1. for incision wounds to get wet after this point. Wash incision sites with soap and water, apply Vaseline ointment and cover incision with Band-Aids. You will do this wound care until your one week post-op appointment. Put your compression garment back on.
2. We recommended limited activity for the first two to three days following surgery. Most patients resume daily activities. Be sure to get out of bed for meals, bathroom, etc. to keep the circulation in your legs flowing. Most patients are usually able to return to normal activity and work within 2-3 days following liposuction. Some patients who experience above average soreness may require a longer convalescent period. High impact aerobic/strenuous activities or exercise should not be performed for two (2) weeks minimally.

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PROFRACTIONAL & MICRO LASER PEEL POST CARE

Immediately after the procedure you may apply cold compress for relief you may use cold compresses for 2-3 days (it will help with swelling). Apply for about 10 minutes at a time and repeat every few hours if discomfort persists. It is important for the treated area to remain soft and pliable during healing with use of Aquaphor ointment.

You will require a follow up appointment with our office during your post treatment.

The day after procedure:

1. Gently wash face with Gentle Cetaphil liquid cleanser and cold water (you may wash your face 2-3 times a day), using gauze
2. Apply Aquaphor ointment (you may re-apply Aquaphor as many times as you need to)

Five days after procedure:

1. Gently wash face with Cetaphil cleanser, rinse with cool water only
2. Apply Aquaphor for up to 7 days
3. Apply SPF 30 to treat area long term, and use our SPF 65 for direct sun exposure (please note that you are not allowed direct sun exposure for 1 month after procedure)
4. You may resume your skin care program after your follow up visit with us

5. You may wear Lycogel make up after 10 days of healing to help with residual redness, that may last up to 1 month post laser procedure

Things to AVOID:

Avoid washing hair if possible for 2 days

Avoid contact with your pets or unclean hands to affected area to avoid a bacterial infection

Avoid sun exposure to allow the treated area to heal to avoid hyperpigmentation (brown discoloration)

Avoid peeling or pulling dead skin off treated area to avoid scarring, allow natural peeling

Avoid vigorous exercise until treated area is totally healed, to avoid bacterial infection

Avoid hot tubs or Jacuzzi; it may cause you to peel too soon

Avoid all Retinol products or acidic skin care products until total healing has occurred

*****Please prepare and have it ready at home: one jar of Aquaphor ointment, one Gentle Cetaphil cleanser, and wide brimmed hat.**