

BLUE RIDGE LIPOSUCTION

**BODYtite/FACEtite Post-Operative Instructions**

**GARMENT:** your compression garment must remain on for the first 24 hours after surgery to reduce risk of bleeding/fluid collections. You should continue wearing it until seen at your postop appt. After 24 hours, you may remove it for bathing, laundering, and re-bandaging the incisions.

**DRIVING:** you will need someone to drive you home from the procedure. We do not recommend you drive for 24 hours after the procedure or if taking narcotics for pain.

**ACTIVITY:** light activity is encouraged but no strenuous exercise/activity for at least 2 weeks and approved by your physician

**MESSAGE:** apply light pressure to treated areas slowly and deeply in an upward motion 3-4 times/day for approximately 10 minutes each time. **DO NOT USE HEAT OR ICE**

**INCISION CARE:** your incisions may continue to drain for several days. The drainage may be clear or blood-tinged. You may place gauze sponges inside your compression garment to absorb drainage. Keep incisions clean and inspect daily for signs of infection (increased tenderness, pus, redness). Once drainage has stopped, apply antibiotic ointment to the incisions sites and cover with a band-aid

**MEDICATIONS:** do not use NSAIDs (ex. Motrin/Aleve/Advil) or Steroids as this may reduce the tightening effects

**BATHING:** You may remove the dressings and sponge bathe after 24 hours. Do not shower for 48 hours post-procedure. Do not take tub baths or immerse in hot tubs/pools until 4 weeks after surgery

**ALCOHOL:** alcohol combined with pain medications can be dangerous. We recommend you avoid alcohol until no longer using pain medication. Also avoid use the first 48 hours after surgery due to dilation caused by alcohol which can increase bleeding and bruising

**SMOKING:** We recommend you avoid smoking as this delays the healing process

**PAIN MANAGEMENT:** compression garments not only help avoid fluid collections, they also provide pain relief. You may use TYLENOL for pain as well as any prescriptions written by our office. Do **not use ICE** as this will decrease the skin tightening response. HEAT increases blood flow which may increase bleeding/bruising so avoid application of heat as well.

**DIET:** a healthy diet high in protein will speed recovery. Maintaining your weight will maximize your results as well

**IF YOU EXPERIENCE EXCESSIVE PAIN OR BLEEDING, SWELLING OR REDNESS IN THE TREATMENT AREA, OR FEVER PLEASE CALL US IMMEDIATELY AT (434)792-7874**

**POST-OPERATIVE MEDICATIONS:**

- |   |   |
|---|---|
| ___ Oxycodone 5 mg 1 tab q 6 hours prn pain | ___ Hydrocodone 5 mg 1 tab q 6 hours prn pain |
| ___ Tylenol 1000 mg q 8 hours prn pain      | ___ Zofran 4 mg po q 6 hours prn nausea       |
| ___ Keflex 500 mg q 8 hours x 5 days        | ___ Z-Pak 1 tablet daily x 4 days             |
| ___ Other _____                             | ___ Other _____                               |

*I have reviewed the postoperative instructions with the doctor or staff and understand the instructions*

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_