



4D HIGH-DEFINITION VASER LIPOSUCTION PROCEDURE: PRE AND POST OPERATIVE INSTRUCTIONS.

The mission of Dr. De La Cruz and his qualified staff is helping you achieve the best results and making your surgical experience as easy, safe and comfortable as possible. We will not take any undue risks with your health. Begin by reading all of the information you have received. It is your responsibility to follow these instructions. Please, read it thoroughly and, if you have any questions, do not hesitate to contact Dr. De La Cruz's office at the following number: 832-520-1844.

Two weeks before 4D VASER Liposuction:

1. Avoid taking drugs containing aspirin, ibuprofen, blood thinning medication, anti-inflammatory drugs and any herbal supplements that are associated with an increased risk of bleeding during surgery.
2. Confirm your pre-operative history and physical examination appointment with your family doctor/internist. Your pre-operative exam includes the following laboratory tests: Complete Blood Count (CBC), Complete Metabolic Panel (CMP), Pregnancy Test (for women), Electrocardiogram (for patients older than 45 years), and Chest X-rays (when indicated). Tests must be done on an empty stomach in the morning. After having the results, patients should schedule a consultation with the doctor. Depending on your lab tests outcome, Dr. De La Cruz will determine whether the procedure can be performed.
3. If you develop a cold, infection or any other illness prior surgery, please notify the staff at Dr. De La Cruz's office as soon as possible because your surgery may need to be postponed for safety reasons.
4. Minerals and vitamins are important in boosting your body's ability to heal. Begin taking multi-vitamins with vitamin C, and minerals such as zinc, calcium, magnesium and iron. Vitamin C is highly recommended because it assists in the development and maintenance of scar tissue, blood vessels and cartilage. It also helps remove toxins and fights bacteria.
5. Stop smoking and limit your alcohol intake. Do not resume smoking for at least two weeks after your surgery in order to avoid the increased risks of complications associated with nicotine. The nicotine in the cigarette smoke causes the blood vessels necessary for proper healing to constrict which can lead to wound problems, infection and/or possible thickening of scars. Moreover, the consumption of alcohol prior to surgery can lead to an increased risk of bleeding during your surgery, and alcohol can also interfere with your post-operative medications and should therefore be avoided as long as you are taking prescription medications.
6. Begin a high protein diet. Your diet should include consuming at least 100 grams of protein a day. To achieve this goal, you may require protein drinks and shakes.
7. Be sure to arrange for a responsible adult to drive you home after surgery and to stay with you for at least the first night following surgery.

Two days before VASER Liposuction surgery:

1. At the grocery store: buy light, easy to digest foods such as juice, tea, Gatorade, bread/bagels, jelly, soup, and JELL-O®. Fill your fridge with many fruits and vegetables, along with good sources of protein. Foods high in fiber (as prune juice) should be on hand to prevent constipation after surgery.
2. Buy Hibiclens Antiseptic/Antimicrobial Cleanser (4% Chlorhexidine gluconate solution) or any other equivalent antibacterial cleanser (such as Betadine™ Scrub liquid soap).
3. All prescriptions (for antibiotics and narcotics, for instance) should be filled prior to your surgical date and bring them with you on the day of your surgery.
4. Purchase a pair of anti-embolic stockings.
5. Prepare bed: purchase some disposable towels to protect your bed sheets from bloody drainage. You will also need several pillows and cushions to help keep your waist flexed/bent.
6. Have in mind that close contact with pets can cause infection, so do not leave them near your bed at least until full recovery.
7. May start taking Arnica pills to help reducing bruises: three tablets beneath the tongue, three times daily.
8. Schedule your ten lymphatic drainage massage sessions which are required starting 24 hours after VASER Liposuction. Lymphatic massages will eliminate excess lymph fluid and completely alleviate swelling and discomfort, and will also reduce your risk for seroma and contour irregularities.

Evening before 4D VASER Liposuction:

1. Remove nail polish and shower with antibacterial soap (i.e. Hibiclens liquid soap) from neck to toe, for three full minutes. Do not use common soap or body washes. Wash your hair and do not keep it wet the morning of the surgery.
2. Take a light dinner and do not consume solid food or anything after midnight (12:00am), the night prior to surgery. This includes water, tea, coffee, juice, chewing gum, and food, but does not apply to medicines prescribed by your doctor.
3. Get a good night's rest.
4. Pack your personal belongings (toothbrush, toothpaste, hairbrush, etc.)

The day of the 4D VASER Liposuction procedure:

1. Do not eat or drink anything prior to VASER Liposuction surgery. Do not smoke or consume alcohol.
2. Shower with Hibiclens antibacterial soap for three full minutes on the day of the surgery, before you go to the surgery center facility. Do not put on any makeup, lotion, powder, perfumes or deodorant after washing. Furthermore, do not use hair spray, gel or mousse. Avoid getting Hibiclens solution in contact with your eyes, ears and mouth.
3. Use comfortable clothes. As a suggestion, you may use a loose shirt with a front opening, pants with elastic waist and comfortable shoes (no laces and no heels).
4. Do not wear contact lenses, wigs, hairpins, hairpieces, or jewelry. Dress in loose-fitting, comfortable clothes. Do not wear pullover tops or panty hose.
5. Have a responsible adult drive you to the surgical facility and take you home after surgery. This person should be available to stay with you for at least the first night following surgery. Under no circumstance will you be permitted to go home alone or stay home without another adult present. Please, follow Dr. De La Cruz's recommendation in relation to this decision.

At home after 4D VASER Liposuction surgery:

1. It is important for your recovery to get plenty of rest after VASER Liposuction. While in bed, you are encouraged to move your feet to increase the circulation in your legs.

2. Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots. Walk as much as you can around the house with assistance from an adult.
3. Wear compression leg stockings (above the knee) daily for up to 4 weeks to reduce your risk of deep venous thrombosis.
4. Take your antibiotic medication as prescribed by Dr. De La Cruz to prevent the development of any infection and analgesics to control post-operative discomfort.
5. A small amount of bloody drainage through the bandage is normal. Place some disposable towels on your bed to protect your bed sheets from bloody drainage.
6. After surgery, you will be wearing a specialized compression garment along with a waist foam binder around the clock (except for showering). The waist foam garment will be worn up to 2-3 months after surgery, while the compression garment will be worn up to 6 months. Wearing the compression garment as directed reduces the likelihood of loose or sagging skin and contour irregularities after VASER Liposuction. Compression garments will also minimize bleeding, swelling, seroma occurrence, and will accelerate your healing time. These should be snug but not uncomfortably tight. If they feel too tight you may loosen them periodically. Besides, compression garments may dry your skin, so you can use moisturizer lotions to hydrate the area (such as vitamin E) when directed by Dr. De La Cruz.
7. Please, empty the drains, three times a day, and keep track of how much fluid comes out.
8. After the VASER Liposuction, you may not shower until your surgical drains are removed at Dr. De La Cruz's office. Generally, surgical drains are removed between 4-7 days after surgery, when the drainage output is less than 30 ml/24 hrs. Until that time you may sponge bathe only.
9. A liquid diet is best for the day of the surgery. Begin by taking liquids slowly and progress to soups or JELL-O®. You can resume your pre-operative, high protein diet for two weeks, the next day after VASER Liposuction. Avoid salt intake as it will keep you swollen. Implementing healthy eating habits and regular exercise (taking advantage of your new increased metabolism) is essential to keep stimulating weight loss and avoiding retrieving the rendered fat.
10. It is a good idea to begin taking a stool softener beginning the day after surgery.
11. For the first 48 hours, keep your movements to a quiet level. No lifting greater than 5 lbs. for 6 weeks. There should be no strenuous exercises and activities for 4-6 weeks after your VASER Liposuction surgery.
12. Any discomfort should be relieved by the pain medication. Take extra strength Tylenol™, Advil™, Aleve, Motrin, or Ibuprofen regularly to help with general discomfort.
13. Continue taking your vitamins. You may take iron supplements if you feel fatigued.
14. Do not drive until you are no longer taking any pain medications and you have full range of motion with your arms. You may drive one week after your VASER Liposuction procedure provided you are comfortable enough to stop in an emergency situation.
15. You may resume exercise in two to four weeks. Consult with Dr. De La Cruz first before starting to work out. It is important to exercise and diet after your procedure to have long-lasting results. Without proper diet and exercise, you may gain weight after surgery and may lose the wonderful results of your cosmetic surgery.
16. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase fluid intake.
17. Do not drink alcohol when taking pain medications.
18. Do not smoke, as smoking delays healing and increases the risk of complications.
19. Resume sexual activity as comfort permits, usually 2-3 weeks post-operatively.
20. Avoid exposing scars to sun for at least the first 2 months after VASER Liposuction. If sun exposure is unavoidable, make sure to use a high protection sunblock (SPF 30 or greater).
21. Your incision site will be covered with a dressing to keep the area protected. Keep these incisions clean and inspect daily for signs of infection. Some of the common symptoms of surgical site infection are: redness and pain around the area treated, drainage of cloudy fluid from the surgical wound, and fever (above 100.4 F).
22. No tub soaking while sutures or drains are in place. It's typically recommended to avoid swimming or being in a bath tub when you have wounds that are still open since these wounds can get infected caused by Vibrio bacteria.

23. Resume desk-type employment and regular activities, one week after VASER Liposuction. You may be instructed to expect a longer recovery time before you return to a physically demanding job (such as general contractor, laborer, care giver).
24. Contact Dr. De La Cruz's office promptly if you notice an increase in swelling, pain, redness, drainage, or bleeding in the surgical area, or if you develop fever (above 100.4 F), dizziness, nausea, or vomiting.