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AESTHETICS & WELLNESS

Tumescent Liposuction Procedure Pre Treatment Instructions

Medications: Bring a list of all your medications to your procedure, so we may indicate any changes.

- DO NOT TAKE VITAMINS, HERBAL SUPPLEMENTS, ASPIRIN, IBUPROFEN, MOTRIN, NSAID or products containing aspirin for two weeks prior to or following your scheduled procedure. Aspirin has an effect on your blood's ability to clot and could increase your tendency to bleed at the time of your procedure and during the healing time thereafter. (Tylenol is okay to take).
- DO NOT DRINK ALCOHOLIC BEVERAGES for 5 days prior to your procedure. Alcohol may create complications and increase bruising.
- If you develop a cold, facial sore, fever or any other illness prior to your procedure please notify us.
- AVOID wearing makeup, facial or body moisturizers on the day of your procedure.
- WEAR COMFORTABLE, LOOSE-FITTING CLOTHING on your procedure day-including a shirt that buttons all the way up the front. Wear nothing you must put over your head. Slip-on shoes are recommended for maximum post-procedure comfort

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- 2 OR 3 DAYS PRIOR TO YOUR PROCEDURE, shower only using antibacterial soap.
 - Patients should shave areas to be treated.
 - Patients receiving abdominal or thigh treatments should shave half way down the pubic bone.
- Leave jewelry and valuables at home. Do not wear wigs, hairpins or hairpieces, and remove body piercings.
- Procedure times are estimated only – you could be at the facility longer than indicated.
- ARRANGE FOR A DRIVER TO AND FROM YOUR PROCEDURE IF YOU PLAN TO PRE-MEDICATE.
- Do not smoke for two weeks prior and two weeks after your procedure. Smoking decreases your circulation and slows down healing.
- Please have breakfast or a meal prior to your appointment time.
- 24 hours before your surgery please start taking your antibiotic: Keflex/Avelox/Z-Pack
- Purchase sanitary napkins, Bacitracin & tape (for home) to cover the incisions for drainage. Super or overnight pads are recommended.
- Shower morning or night before a procedure, as you will not be able to shower for 48 hours afterwards.

Emergency Contact: _____ Phone number: _____

I HAVE READ AND FULLY UNDERSTAND THE ABOVE ITEMS:

Patient Signature: _____ Date: _____

Witness: _____ Date: _____

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Tumescent Liposuction Procedure Post Instructions

During the first week after your liposuction procedure please be sure to follow the following instructions carefully:

- Massage the area in an upward, slow, deep motion being careful to not use much pressure 3-4 times per day.
- Activity: All activity should be as tolerated. Light activity is encouraged. Walking is highly recommended. No running for 2-4 weeks.
- Incision care: Your incisions will continue to ooze for 24-48 hours. This is normal and may last for several days. You may place gauze sponges inside your compression garment to absorb drainage. Keep incision sites clean with soap and water and inspect daily for signs of infection. Pat dry and apply antibiotic ointment until sites scab over. Once scab is completely gone you may begin to apply a scar cream. The SkinMedica scar recovery gel is available for purchase in our retail center or other over the counter creams such as Mederma or ScarGuard (* make sure the active ingredient is silicone).
- Garment care: Compression garment must stay on for the first 24 hours after your procedure to prevent drainage from insertion sites. You may remove the garment for laundering, bathing and bandage changing after the first 24 hours post treatment. Garment can be washed either by hand or placed in the washing machine on gentle/delicate cycle. Drying of the garment can be done on gentle/delicate cycle of the dryer or air dried.
- Treatment Sites: Please keep your dressings as clean and dry as possible, changing daily to prevent infection. You may experience some draining (oozing) of blood-tinged anesthetic solution and saline and about only 1% blood. Itching, pulling, hardness, tightness and/or numbness sensations are also normal. This is part of the healing process and your patience is appreciated. Apply antibiotic ointment to the incision twice daily using a cotton swab and cover the site with a band-aid.

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- Alcohol and Smoking: These can delay healing and increase the risk of complications.
- IF YOU EXPERIENCE EXCESSIVE PAIN OR BLEEDING, FULLNESS OR REDNESS ON TREATMENT AREAS, OR FEVER PLEASE CALL US IMMEDIATELY AT 215-862-6100
- Expectations: Remember, the goal of fat removal is not weight loss, but improved contour. In fact,

Recommended Post Tumescent Liposuction treatments to enhance results:

- Tighten Up with Exilis Ultra:
- Series of 4 treatments to the area of Tumescent Liposuction. This radio frequency (RF) technique of skin tightening is the fastest and most advanced non-invasive device that can be used to tighten and smooth any area of the skin. Most patients find Exilis Tighten Up comfortable – like a warm deep tissue massage. Radio-frequency (RF) based energy improves skin laxity by increasing dermal collagen and elastin fibers to tighten and contour skin. It can be used anywhere on the body to improve texture and smooth skin.
- Morpheus8:
- Series of 3 treatments to the area of Tumescent Liposuction. Fractional microneedling device that works to improve skin texture and tightening. This treatment stimulates collagen production of the underlying layers of the dermis. Penetrating deep into the skin and fat, this morphs aging skin into a more desired smooth and sleek appearance, for all skin tones. It is minimally invasive, using a matrix of micro pins to renew deeper layers of the skin with almost no patient downtime. Morpheus8 can be used for, but it not limited to treating wrinkles, acne scars, stretch marks, surgical scars and more.