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Pre-treatment & Post-treatment Laser Liposuction

● Pre-operative instructions

- For 7 days before surgery DO NOT take aspirin (Anacin, or Bufferin, or Baby Aspirin) or ibuprofen (advil, motrin, or nuprin) or naproxen (aleve) or any other non-steroidal anti-inflammatory drugs (NSAIDs) that impair platelet function in the normal blood-clotting process. It is permissible to take acetaminophen (Tylenol).
- DO NOT take decongestants such as Sudafed or Actifed for 5 days before surgery. DO NOT take appetite suppressants such as phentermine (Fastin) for at least 2 weeks before surgery. DO NOT take Zoloft or other antidepressants or any herbal remedies, unless specifically approved by your surgeon, for 2 weeks before your surgery.
- AVOID ALCOHOL: We suggest no alcohol during the 2 days before and after surgery (alcohol decreases resistance to infection and may temporarily impair Vitamin K dependent clotting factors made by the liver). Otherwise drinking a small amount of alcohol (for example no more than a glass of wine or beer per day) is permissible during the other days of the week before and after surgery. Avoid red wine for 4 days before surgery to minimize bruising.
- DO NOT drive home - arrange for someone to drive you home after the surgery. It is the patient's responsibility to make prior arrangements to have a responsible adult meet and accompany the patient after surgery.
 - DO NOT wear unnecessary jewelry, no perfume (deodorant is okay), and minimize use of cosmetics (survival rations only).
 - Diet before surgery: you should eat a light, low fat meal such as toast and juice, fruit, dry cereal and/or nonfat milk no closer than 2 hours prior to surgery. Avoid whole milk, cream, butter, cheese and other foods that are high in fat content as dietary fat slows down digestion and delays stomach emptying. Please minimize caffeine during the day of surgery. You may be given a snack as soon as surgery is completed.
- Change your dressing the night of surgery prior to bedtime. The dressing change may be easier if you have someone help you. You do not need to purchase dressings or garments as they will be provided and sent home with you after the surgery. You will need to shower every morning and night for the first 2 days to keep the wounds clean. Dressing changes will be at those times.
 - Loose clothing on the day of surgery: there is usually quite a lot of drainage of slightly blood-tinged anesthetic solution that occurs after surgery. Since this drainage might stain your clothing, we suggest that you choose your clothing with this in mind. Because we will apply elastic support garments on top of some bulky absorbent gauze padding, your clothing should be very loose and comfortable. Bring an extra pair of underwear to wear after surgery since undergarments usually get wet during the procedure.
- Do NOT use moisturizers or soap that contains moisturizers for at least a week prior to surgery. Take and EKG electrodes will not adhere to or stick well to moisturized skin. The ink markers used to outline the areas on your body to be treated will also rub off or smear if you have recently used a skin moisturizer.
 - Towels and plastic sheets - plan ahead to avoid staining the seats in your vehicle from leakage of blood-tinged anesthetic solution. Bring a towel, and a plastic sheet (such as a trash can liner) to cover the seat in your vehicle during your ride home. Prior to surgery, pad your bed at home and your living room chair with towels and plastic. Some patients have found it comfortable and convenient to place a felt backed vinyl tablecloth on the bed, with the felt-side up. Be cognizant of the potential for tumescent anesthesia fluid to seep from the surgical drainage areas and beyond the confines of the worn absorptive pads to avoid staining the rugs or carpets in your home.
- Do not fast or undergo dramatic weight loss just prior to surgery. All patients should be on a stable, healthy, well-balanced diet for at least 2 weeks before surgery. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications, poor wound healing.

● Post-operative instructions

- Going home: you should not drive yourself home. It is recommended that a responsible adult be with you on the day of surgery to drive you home after your discharge from Elite Skin Center.
- Diet: resume your usual diet immediately. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration.
 - DO NOT drink alcohol 48 hours before or after surgery.
- Activities: quiet rest is recommended immediately after surgery. After surgery do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours after surgery. After surgery you are welcome to take a short walk if desired. The day after surgery you should feel well enough to drive your car and engage in light to moderate physical activities. You may carefully resume exercise and vigorous physical activity within 2 weeks after surgery, depending on your recovery speed and pain tolerance. Most people can return to a desk job 1-2 days after surgery, although one must expect to be sore and easily fatigued for several days. Strict adherence to restrictions and limitations imposed on driving, operating machinery, and engaging in risk adverse activities while taking certain prescription medications such as narcotic analgesics must be done in accordance with pharmacy labels on medication usage.
- Absorbent pads are placed over the treated areas to absorb the large volume of drainage of blood-tinged anesthetic solution during the first 24-48 hours after surgery. The pads are held in place by elastic garments. Beginning on the morning after surgery, change the pads twice daily. During the first few hours after surgery, if you discover some drainage leaking around the larger pads, simply apply a small absorbent pad over the area by sliding it under the garment.
- Post-op elastic compression garments: after laser lipo, post operative garments are worn in order to hold the absorbent pads in place, and to provide compression to minimize bruising, and to maximize drainage of the blood-tinged anesthetic solution. On the morning after surgery when the garments are first removed in order to take a shower, the patient may experience brief dizziness and lightheadedness similar to what one experiences when standing up too quickly. These symptoms are usually the result of rapid decompression of the legs after the elastic garments are removed. If dizziness occurs, sit or lie down until these symptoms resolve. Dizziness is reduced by first removing the outer garment (outer layer) and then waiting 5-10 minutes before removing the second (inner layer) garment. Beginning the day after surgery, you must remove the post-op garments twice daily to shower. You may wash the garments during these times. Some body areas require 2 garments, whereas other areas only require 1 plus elastic binders (belts). These garments should be worn day and night until all drainage has completely stopped, plus an additional 24 hours. Do not be concerned if you continue to experience drainage for several days. Notify us if the drainage persists for more than 8 days. Discontinuing the use of garments and binders too soon may result in prolonged drainage. Typically, patients will need to wear the garment for a minimum of 3-6 days although many choose to wear the garments longer due to the added comfort they provide. Wearing the post-op garment for more than the minimal number of days is of no significant advantage in terms of the ultimate cosmetic results. Lipo of the chin, cheeks, & jowls, first beige colored spandex head-garment is placed to provide mild compression and to hold the absorptive pads in place; next a 2-inch wide, black elastic band is placed under the chin and over the top of the head and worn for 1 hour giving extra compression to minimize bruising. Drainage lasts 1-2 days. For laser lipo of the neck, chin & jaw line, garment compression is optional and may not be required.
- Managing post-op drainage: one should expect a large volume of blood-tinged anesthetic solution to drain from the microincisional slits during the first 24-48 after laser lipo. In general, the more drainage there is, the less bruising and swelling there will be. During the first 48 hours, you should sit or lie on towels. When there is a large amount of drainage, it is advisable to place a plastic sheet beneath the towel. Super-absorbent dressings are worn under the compression garments for at least the first 48 hours. When drainage has nearly stopped, patients need only to place thin absorbent gauze dressings or small pads on microincisional slits that continue to drain.
- Wound care and bathing: keep the microincisional slits clean. Shower once or twice daily. First wash your hands then wash the skin slits gently with soap and water. Afterwards, gently pat the area dry with a clean dry towel. Apply new absorbent pads. Skin slits that have stopped draining no longer need absorbent pads. Take the full course of prescribed prophylactic antibiotics and vitamin-K as directed until the prescriptions are finished. Take antibiotics with food to minimize GI upset. Call our office if you notice signs of infection such as fever, foul smelling drainage, focal redness, swelling, or increasing pain in one of the treatment areas.
- DO NOT apply an ice pack or a heating pad to the skin treatment area of laser lipo for at least 4 weeks following the procedure
 - DO NOT apply hydrogen peroxide or plastic band-aids to any of the drainage slits or holes (incision sites).
 - DO NOT soak in a bath, Jacuzzi, swimming pool, or body of water for 14 days following the surgery.

○ Common side-effects of laser lipo:

- Menstrual irregularities with premature or delayed onset of monthly menstruation are a common side effect of any significant surgery.
 - Flushing of the face, neck, and upper chest may occur after laser lipo and usually lasts for a day or two.
 - Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma.
- Discomfort and soreness is worse the second day after surgery, but then improves daily. Most patients undergoing laser lipo describe the post-op discomfort as resembling the muscle soreness that one feels after a very strenuous workout. One extra-strength tylenol may be taken orally every 4 hours while awake for the first 48 hours following surgery to reduce the post-op inflammation, swelling, and soreness. The daily dose of Tylenol (Acetaminophen) should not exceed 4,000 mg (4,000 mg = 4 grams = 8 x 500 mg extra strength tylenol). DO NOT take Aspirin or ibuprofen (NSAIDs) or medications that contain these drugs for the 3 days following surgery since these medications can promote bleeding. Narcotic analgesics may also be prescribed for moderate to severe pain relief. Be aware that most of the narcotic pain medications also contain sufficient amounts of Tylenol in each pill.
 - Bruising is minimal with laser lipo. Nevertheless, the more extensive the procedure, the more bruising one can expect.
- Pain and swelling due to an inflammatory reaction to surgical trauma may occur and increase in symptom severity for 5-10 days after surgery. This condition needs to be evaluated by the surgeon and may be treated using anti-inflammatory medications and/or antibiotics.
 - Itching of the treated areas several days after surgery may occur as part of the normal healing response. To help relieve the itching, you may try taking an oral-antihistamine such as Benadryl, as directed on the packaging label. Be aware that Benadryl causes drowsiness. Over the counter non-sedating antihistamines such as Claritin (loratadine), 10mg oral taken once daily may be taken instead of Benadryl to avoid the unwanted side-effects of drowsiness.
 - Schedule follow up appointment at Elite Skin Center at intervals specified by your cosmetic surgeon following your procedure. You are welcome to return to our office for follow-up visits at no charge to you.
 - Please contact us by phone if you have any urgent questions or concerns.
 - Elite Skin Center - 817-562-2339
 - Michael Bailey, DO - 817-983-6220 (after office hours only)
 - Angela Bailey, RN - 817-629-5580 (after office hours only)