

Smart Lipo / Vaser Pre-Treatment Instructions

1.) No Smoking for two (2) weeks prior to and for two (2) weeks after procedure. Smoking decreases circulation and slows wound healing time. We encourage you to use this opportunity to get healthier by stopping smoking all together. We can give you a prescription for Chantrix.

2.) Do not take vitamins, Aspirin or Aspirin- containing products for (2) weeks prior to procedure and for two (2) weeks after procedure. See the Medication Sheet.

- Do not take megadoses of vitamin E, aspirin or ibuprofen containing products.
- You were prescribed
 - 1.) Antibiotic take two (2) every 12 hours for five (5) days.
 - 2.) Pain Reliever take 1-2 every 4-6 hours as needed
 - 3.) Extra Strength Tylenol: take 1-2 every 4-6 hours as needed. Other drugs may include Tylenol. Do not take if this is the case.
 - 4.) Take Arnica Montana pre-operatively as instructed.
- Please use extra protection for one month if you are on birth control pills.

3.) Do not drink alcoholic or caffeinated beverages for one (1) week prior to the procedure. Excessive drinking may create complications and increase bleeding and bruising. Caffeine may react with the medications used during the procedure. If you are a heavy caffeine drinker you should taper off them to avoid headaches.

4.) Please shower using anti-bacterial soap the day before and the morning of the procedure. No moisturizers or creams to area to be treated.

- You may sponge bathe at any time. You can take a shower after 24 hours. Please use antibacterial soap provided.
- Take care with position changes. Dangle at the side of the bed for two (2) minutes or until you are not dizzy.
- Rest for 12 hours and take it easy for 2-3 days.
- Elevate any extremity in which you received the treatment. Sleep up right if your face or neck was treated.
- Ambulate frequently. Move around for 5-10 minutes every 1 or 2 hours.
- Males: a jock strap should help with scrotal swelling.

5.) For procedures performed under local anesthesia you should eat a moderate meal for breakfast and/or lunch the day of the procedure.

- Drink plenty of fluids (6-8 glasses a day) Water and juices are suggested.
- Avoid alcohol for 48 hours and do not use if taking prescription pain medicines.
- Minimize caffeine intake, drink decaffeinated beverages for 2-3 days.
- Take antibiotics with food.

- Try ginger ale and dry crackers for nausea.

6.) You will have a prescription for an antibiotic. The antibiotic should be taken (2 capsules) the night before procedure, then one (1) capsule the morning of the procedure. You are to take one (1) capsule every twelve (12) hours for a total of five (5) days. Dr. Ishoo may prescribe other medications in addition to antibiotics. If this is the case, you will be notified and given instructions. If you have any questions about your medications, please call our office.

7.) Lab tests. Dr. Ishoo generally does not order pre-operative test unless strongly indicated by medical history and in those cases will likely refer you back to your primary care provider to order the relevant tests such as Glucose, Electrolytes, BUN, Cr, CBC, PT/PTT, pregnancy test if applicable, liver tests if applicable as well as possible EKG and Chest X-Ray.

8.) Wear loose- fitting, dark clothes to the office. Please no jewelry or make- up. Old sweatshirts, sweatpants and socks are recommended because of drainage from your procedure.

- Wear inside out.
- Neck & Face: To be worn for 3 days without removal. Wound care & dressings can be done while it is on. Wear for one more week at night.
- All Other Areas: Wear inside out continuously for two (2) weeks. Take off and coordinate laundering, bathing and dressing changes for the same time slot.
- Care of: May be washed. **Do Not** put in dryer.

9.) Please make arrangements for a friend or a family member to bring you to the office and also drive you home after the procedure. Expect to be in the office for about 3-6 hours.

- You must have someone drive you home. You should also have a person stay with you for 24 hours. Do not drive while taking prescription pain medicine.

10.) Prior to your procedure, it is best to have supplies on hand for changing you dressings. These are: Maxi pads, gauze, medical type tape, and plastic sheets for your bed, car seats and chairs.

11.) The procedure itself is not pain- free. During the numbing process, reactions vary. You may experience at times a stinging and burning sensation from the injections of the tumescent fluid (local anesthetic). Please expect intermittent discomfort similar to a pinching feeling and pressure for the duration of the numbing process. During the suctioning, you may feel pressure in spots, especially in the abdominal area. Most discomfort can be relieved with the injection of more anesthetic; so it is important to communicate this to Dr. Ishoo or his staff during the procedure.

- You were prescribed a pain reliever. It is best to use this regularly every 4-6 hours in the first 48 hours, then only when necessary as prescriptive pain medicine can be addictive if abused over a prolonged period. Please consider Tylenol for pain management first.
- Pain may peak the second day after the local anesthetic wears off.
- Itching, pulling, pinching, hardness, tightening and areas of numbness are normal and can last up to six (6) months.

12.)Wound care: A large amount of drainage will occur up to 48 hours after the procedure, as the incision sites will not be sutured closed. The fluid is red but only 1% blood. It is important to wear the neutral colored garment for the first 2-3 days to be alerted to any changes in blood color. Change your dressings at least two (2) times a day or when saturated. For three (3) days cleanse the incision sites with peroxide and water two (2) times a day and place up to 2 gauze pads **under garment**. Place a pad **over the garment**. Call if you develop a fever, foul smelling drainage or swelling and redness..DO NOT APPLY HEAT OR ICE No tanning for two (2) weeks and apply SPF 30 for the next six (6) months.

13.)EXERCISE/ MASSAGE:

- Regular activity can be resumed after 24 hours and when your body is “up to it”.
- Avoid strenuous activities, lifting over 10 lbs. or aerobic exercise for two (2) weeks.
- Use the exercise ball 1-2x daily and stretching whenever you can. You may hear popping sounds. This is normal. (See exercise sheet)
- Ambulate frequently, every hour if traveling or sitting at work.
- Endermology / Post-Lipo Care Massage is highly recommended 1-2 weeks post procedure.
- Neck and Face patients will not massage without specific permission and instructions.

14) PICTURES/ APPOINTMENT / FUTURE RESULTS:

- It is essential to optimal outcome for you to keep your post-operative appointments. Regularly scheduled photos help us track our progress and aid us in evaluating your final result.
- Please bring your compression garments to each visit.

15) SATISFACTION/ PERSONAL EXPERIENCES:

- You may experience a period of depression as you question your decision. This should subside in 1-2 weeks. Please discuss any anxieties or fears you may have with us.
- Please be patient. Your ultimate results are progressive and will be seen at the 4-6 month mark.
- Call with any concerns or questions. Please leave a detailed message if we are not in the office and we will return your call promptly.
- Thank you for your patronage. Your satisfaction and safety are our first priorities.
- Any need for revisions will not be done until four to six months and the fee will be reflective of the cost of the materials required to re-perform the procedure.