

BODYTITE POST CARE INSTRUCTIONS

First Night at Home is rest and sleeping off anesthesia. We will want you to get up for eating and restroom but mostly resting. While in bed, keep your head elevated and lower extremities elevated with a pillow under head and knees. Swelling and discomfort gradually decreases over the first 72 hours then gradually subsides.

Medications. Only take prescribed pain medication **or** Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. No pain relievers such as Aspirin or NSAID's (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) These can thin the blood and can cause bleeding or increase bruising.

Diet. You can start with a bland diet and plenty of fluids (64 oz) to start with. If you can tolerate this you are ready to resume a normal diet. Please keep in mind to limit salt intake, as this will make you retain more water.

Wound care. After 48 hours let soapy water wash over the incision sites (do not scrub). Let incision site air dry before replacing garment or binder. Tiny scabs may appear during the healing process. Please do not pick at the scabs.

What to expect. Treatment areas will have dressings and/or a compression binder/garment. After your next day post-op appointment, the dressings may be removed for showering. The garment/binder should be worn as much as possible for first 3-6 weeks depending on the treatment area to decrease swelling and risk of seroma (collection of fluid) formation in the postoperative period.

Although the effects are rare and temporary, redness and swelling may last up to 3 weeks and are part of a normal reaction to the treatment area. Bruising can occur in some people and lasts 1 to 2 weeks and are normal reaction to the treatment as well. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months. Burns and changes in pigmentation are rare although may occur.

Activity. Next day post procedure: please get up and walk around every 2 hours while awake for at least 3-5 minutes. This is to help prevent blood clot formation. No aerobic exercise for 3 weeks post procedure (includes any activity that raises your heart rate and/or blood pressure). Limit lifting, pulling or pushing anything for at least 2 weeks. Most patient return to non-strenuous work within 1-2 weeks depending on the treatment area. And return to strenuous activities in 4-6 weeks.

Your post appointment is scheduled for _____.

Call the office if you have any questions (281)404-5454.

oOo