



LipoTherme™ Patient Instructions

BEFORE PROCEDURE

- Have prescriptions given by the Doctor filled and if prescribed start taking prescribed antibiotic medication one day prior to procedure. The pain medication may be started after the procedure, if needed.
- Arrange for transportation to and from the office on the day of procedure. You **cannot** drive yourself after procedure. It is also important to arrange to have someone with you the **first 24 hours** after procedure.
- **One week before procedure and one week after**, discontinue use of aspirin, medications containing aspirin, Motrin, Advil, or alcoholic beverages. Also discontinue use of any herbal medications that may inhibit blood clotting such as St. John's Wort, garlic supplements, fish oil, vitamin e, or ginkgo supplements.
- Drink plenty of fluids (1-2 quarts of water per day) for one week before procedure.
- Avoid any medications that may interfere with liver function, such as SSRI's (Paxil, Prozac, Zoloft, or Lexapro), Wellbutrin, Effexor, or Cymbalta.
- What you will need prior to procedure:
 - Prescriptions
 - Bacitracin
 - Gauze pads and Band-aids
 - Covering for car seats and bed (plastic shower curtain liner)

DAY OF PROCEDURE

- **It is very important to eat a regular breakfast the morning of procedure.**
- Bring prescribed medications and covering for car seat with you on the day of procedure.
- Do not wear jewelry.
- Wear loose-fitting dark colored clothing and a sports bra.
- Expect to be in the office for at least 4 hours.
- You may bring an iPod or other music player to listen to during procedure.

AFTER PROCEDURE

- You may get up and move around if necessary, but be careful not to overdo it. Expect a large amount of drainage in the first 24 hours. As there may be drainage through the dressings, consider using a rubber sheet or plastic liner to protect your mattress and extra gauze pads to absorb fluid.
 - Take the prescribed medication as indicated.
 - Keep absorbent dressings (maxi pads work well) on for 24 hours, reinforcing as needed, then remove and shower. **Be sure to sit while removing the garment for the first time, as you may become dizzy. Do not stand for about 10 minutes after removing the garment, proceed to get up slowly.** Do not take a bath, sit in a hot tub, or swim for 2 weeks after procedure.
 - Wear garment for 24 hours per day for the first two weeks and then while you are awake the next two weeks.
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- For patients who had the procedure on the chin and neck area, wear the garment for 48 hours after procedure, then nightly for four weeks.
- Heavy exercise may be resumed on the 14th post-operative day.
- Apply Bacitracin twice daily to incision sites until sites are completely healed and cover with gauze pads or band aids.
- Be sure to have a follow-up appointment at about the 14th post-operative day. After this follow-up, we will see you at the 3 month and 6 month marks.
- Remember that lipo requires a healing process. **Results may take several months and skin tightening can continue for up to one year. Be patient.**
- **Massage is important to all areas of LipoTherme™ as soon as possible even before the incisions are fully healed. But the massage will be effective for months after the procedure.**
- Call our office if you notice signs of infection, fever, foul smelling drainage, or increased redness.

IF YOU HAD LipoTherme™ ON THE ABDOMEN

- Start sit-ups (with knees bent) on the 14th day. Do as many as you can and increase the number by two each day (continue for at least two months).
- **Continue massaging the abdomen 5-10 minutes twice daily for at least three months. It is expected that the abdomen will feel lumpy for 3-6 months, perhaps more (this is normal).**

IF YOU HAD LipoTherme™ ON THE CHIN OR ARMS

- Start gentle finger-tip massage on the 10th day (twice daily for 10 minutes). Lumpy feeling which can be felt but not seen usually disappears in 3-4 weeks.

IF YOU HAD LipoTherme™ ON THE THIGHS – Start the following exercises on the 14th post-operative day.

- Classic thigh tightener (also good for the buttocks): kneel, with back straight and palms on your thighs. Lean backward slowly, using thigh muscles. Don't bend spine or tension in legs will be transferred to back muscles instead. Hold for a count of ten and then slowly return to starting position. Repeat.
 - Back of thighs (a cellulite site) are helped by this exercise: lie down, weight on elbows. Now bring the knee to chest and straighten leg (point toes), keeping it perpendicular to the floor. Do five times with each leg.
 - Inner thighs can be firmed with a simple leg lift: lie propped on side, raise top leg as high as you can. Flex ankle, point toes, then lower the leg.
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