

RADIOFREQUENCY SKIN TIGHTENING
BODYTITE | FACETITE
POST-OPERATIVE PATIENT INSTRUCTIONS

General Instructions

- Please contact your doctor for any serious or concerning change in your symptoms.
- If the face or neck was treated, sleep with your head elevated on pillows or on an incline to help with swelling. If the arms or legs were treated, elevate them on pillows to help with the swelling.
- You may use soft, cool compresses for comfort. Do not apply ice or frozen products directly to skin as this may cause skin injury. Apply for 20 minutes on and then 20 minutes off. You may do this for several days.
- Do not drive or operate heavy machinery while taking any narcotic pain medication or while uncomfortable.
- No strenuous activity for 4 weeks. No running, biking, lifting weights, contact sports, swimming, golfing, etc.
- However, it is imperative that you walk at least 6 times a day for general well-being and prevention of blood clots. You may need assistance when walking at first to prevent falls.

Medication Instructions

- Take medications as prescribed.
- You may develop constipation when taking narcotic pain medications. You should continue drinking plenty of fluids. You may take over the counter stool softeners.
- Over the counter Tylenol is recommended as the primary pain relief medication as needed. Opioids can be used for breakthrough pain and should be weaned in the first week after surgery. Some patients only require Tylenol, but every patient is different. Complying with the post-operative instructions will help with pain control as well.
- No more than 3 grams of Tylenol should be taken in a 24-hour period.
- Please check the label on your bottle to remain aware of dosages.

Wound Care and Dressings

- You may remove all your dressings and shower in lukewarm water 72 hours after surgery. Steri-strips should be left in place (they can get wet). Gently pat dry. Then, immediately replace your compressive dressing.
- The compressive dressing should be worn 24 hours a day until your first post-operative visit. After that visit, you will continue wearing the compressive garment for 24 hours a day for 1-2 weeks. After that, for body treatments, compressive garments should be worn for 24 hours a day for 6 more weeks. For neck treatments, you may wear in the evening until morning for 4 weeks after wearing 24 hours a day for those 2 weeks.
- Do not use any medical skin treatments that are not approved by your surgeon. Do not use retinol, vitamin C, or other topical medications on your skin for 5-7 days following your treatment.

Diet

- Eat a well-balanced diet in the weeks following surgery. More bland diets may be beneficial in preventing any post-procedural nausea or constipation. Be sure to drink at least 6 glasses of water daily.

Call the office if...

- If you are unable to keep fluids or medications down due to vomiting.
- If you have chills, fever greater than 101.5 (F) or 38 (C), redness, bleeding, chest pain, shortness of breath, or anything else that is troubling you. You may call the office for the on-call physician with any questions, at any hour.

Follow up

- Your first clinic follow-up after surgery will be within 1-2 weeks after surgery. If you do not have an appointment scheduled, please call the clinic to schedule an appointment.
- The Plastic Surgery Clinic phone number is: 617-632-7827

Recommended items to obtain at least 2 weeks before your procedure...

- Tylenol
- Miralax or other bowel regimen to have on hand if you develop constipation
- Sterile gauze
- Thicker absorbent gauze type pads (could use Maxi-pads)
- Gentle skin tape to hold gauze in place as needed
- Well balanced diet including vegetables and protein for the healing period
- Button-up or zip-front tops to be worn in the post-operative period
- Compression stockings: Wear lower extremity compression stockings 23 hours a day for at least 2 weeks to help prevent blood clots and leg swelling
- For face or neck treatments:
 - Pillows or a wedge to keep the head elevated while sleeping
 - Masks that tie behind the head, rather than the masks with elastic straps that go behind the ears
 - Baby shampoo for gentle hair washing in the post-operative period
- For body treatments:
 - Loose-fitting tops and pants to be worn over compression garments in the post-operative period
- ACE wrap to be used as additional compressive dressing if needed.
- Compression garment: You may bring this to be applied on your surgery day or you may change into this after your first dressing change. They are selected based on what area is treated.
 - Compression garments should be purchased at least 3 weeks before your surgery day to account for shipping times.
 - They may be purchased from any company, but below is a good option:
<https://marena.com/collections/womens-liposuction>
<https://marena.com/collections/mens-post-surgical-all>

If you also received Morpheus 8 Radiofrequency Microneedling...

- Immediately after treatment, most patients will experience erythema (redness) for 1-3 days. However, for more aggressive treatments, this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days.
- You may apply Aquaphor to the skin on the evening of the procedure. It important to keep the skin hydrated. Do not use any medical skin treatments that are not approved by your surgeon. Do not use retinol, vitamin C, or other topical medications on your skin for 5-7 days following your treatment.
- Makeup may not be worn until 48 hours after treatment. If there are no areas with active oozing and warm redness, makeup may be applied after this time.
- Avoid any prolonged direct exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30+. Also avoid self-tanner and spray tanning for 7-10 days prior to treatment. Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation). The use of a physical sun block SPF 30+ after 24-48 hours.
- Treat the skin gently, avoid scrubbing or trauma to the treated area.