

RADIOFREQUENCY SKIN TIGHTENING

BodyTite + Liposuction

ARMS

POST-OPERATIVE PATIENT INSTRUCTIONS

General Instructions

- Please note that these are general guidelines and may need adjusted according to your case.
- Please contact your doctor for any serious or concerning change in your symptoms.
- Most patients take 7-10 days off from work, depending on occupational demands and extent of procedure. Some take more time. You may need assistance with household tasks or childcare.
- Typically, 60% to 80% of the swelling subsides by 6 weeks, but it takes a full 4-6 months for 100% of swelling to resolve. It may be shorter or longer depending on the extent of the procedure and the individual. Maximal skin contraction after radiofrequency treatments may take up to 6 months.

Procedure Day

- You should shower at home on the morning of your procedure day with soap and water. Do not apply topical lotions or deodorant to the skin after showering.
- You may bring headphones to listen to music, podcasts, etc. on your phone.
- Consider setting up a 'recovery station' at your home prior to the procedure to relieve stress and ease recovery. It may include clean sheets/blankets, towels, gauze, snacks, water bottles, Aquaphor skin ointment, books, movies, crafts, or other entertainment.
- You should bring the medications prescribed (unopened) and your compression garment (see below).
- On the procedure day, you should arrive 15-20 minutes ahead of your scheduled time.
- One of our nurses will escort you to the procedure room in the office. Consent forms will be obtained and signed. Clinical photographs may be taken. You will then be instructed to take the required medications with water, but do not take them until instructed. You will then be positioned, arms cleansed with sterile solution, and sterile draping towels placed. A numbing solution will be injected into the treatment area. Then, liposuction and bodytite are performed. Some discomfort is expected during the injection of the numbing solution. Anticipate being in the office for up to 4-5 hours in total.
- You will need someone to drive you home from the procedure. You are not permitted to drive home after the procedure. We recommend that someone should stay with you for at least 24 hours after the procedure. You should not drive until you are off pain medication, and you feel comfortable reacting to any potential sudden traffic situations.

Pre-Operative Medication Instructions

- You will be prescribed medications ahead of your surgery. You will need to **bring these to the office on your procedure day**. *Do not open or take them until instructed by the medical staff.*

Post-Operative Medication Instructions

- Take medications as prescribed. Please notify us if you have any allergies to medications or if concerning symptoms arise (rashes, facial swelling, shortness of breath, etc.)
- Antibiotics:** You may be prescribed an oral antibiotic for 1 week. Check the bottle for instructions.
- Tylenol (Over the counter):** recommended as the primary pain relief medication.
 - It should be taken scheduled every 6 hours for the first 2-3 days after surgery. Please check the label on your bottle to remain aware of proper dosages. No more than 3 grams of Tylenol should be taken in a 24-hour period.
- Opioids (Oxycodone):** may be used for breakthrough or severe pain but should be weaned within the first 2-4 days after surgery. They can become addictive. Some patients only require Tylenol, but every patient is different. Complying with peri-operative recommendations will also help.
 - You may develop constipation when taking opioid pain medications. You should continue drinking plenty of water. You should take over the counter stool softeners until bowel movements are regular and daily.
 - Do not drive or operate machinery while taking any opioid pain medication or sedatives.
 - Do not drink alcohol or take other sedatives with opioids.

Diet

- You should hydrate well by drinking plenty of water in the days leading up to your procedure. You should aim for optimize your nutrition with a well-balanced diet for proper healing.
- Eat a well-balanced diet in the weeks following surgery. More bland diets may be beneficial in preventing any post-procedural nausea or constipation. Drink at least 6 glasses of water daily.

Activity

- It is a requirement for to you walk at least 8-10 times a day for general well-being and prevention of blood clots. Be sure to be steady on your feet to prevent falls.
- No strenuous activity for 3-4 weeks. No running, biking, lifting, contact sports, swimming, etc.

Wound Care and Dressings

- You may remove your dressings and take a brief shower in lukewarm water 72 hours after surgery. Ensure the water is not too hot and the duration is less than 10-15 minutes. Steri-strips should be left in place (they can get wet). Gently pat dry or air dry. Then, immediately replace the garment.
- You should expect some drainage of a pink to light reddish fluid from the incision sites during the first few days. Consider placing clean towels or extra linens under you to protect furniture or bed sheets. You may reinforce areas of drainage with absorbent gauze pads and even maxi pads are useful for this purpose.
- The compressive garment will be worn 23 hours a day for 6 weeks.
 - Avoid creasing of garment and creasing of skin. If creases are not avoidable in your garment, you may need a different one.
 - Position bras, garments, and clothing in a way that no indentations/grooves/bulges from the elastic are created.
- You may use a light, gentle, non-fragrant skin moisturizer as needed (recommend Aquaphor), which can help with itching or skin irritation.

Follow up

- Your first clinic follow-up after surgery will be within 1-2 weeks after the procedure. If you do not have an appointment scheduled, please call the clinic to schedule an appointment.
- Call the office if you develop a fever greater than 101.5 (F) or 38 (C), redness, bleeding, chest pain, shortness of breath, or anything else that is troubling you.

Recommended items to set aside at least 2 weeks before your procedure...

- Tylenol
- Stool softeners, laxatives, MiraLAX, or other bowel regimen to take if you develop constipation.
- Absorbent gauze type pads (could use Maxi-pads) and gentle skin tape
- Loose-fitting tops and pants to be worn over compression garments in the post-operative period
- Button-up or zip-front tops to be worn in the post-operative period for comfort and convenience.
- Compression stockings: Wear lower extremity compression stockings 23 hours a day for 30 days to help prevent blood clots and leg swelling.
- Clean linens or towels to protect your furniture/bedding (some drainage is expected).
- Well balanced diet including vegetables and protein for the healing period
- *Compression Garment*** (see next page)
 - You should **bring it to the office on your procedure day.**
 - Compression garments should be purchased at least 2-3 weeks before your procedure to account for shipping times and exchanges if needed. Try it on well-before the day of surgery to ensure it fits properly.
 - Position garments and clothing in a way that no indentations/grooves/bulges from the elastic bands are created. If creases are not avoidable in your garment, you may need to exchange. Also, minimize skin creasing/bunching once in place.

Compression Garment Information:

We recommend purchasing a post-operative compression garment before surgery.



- It should be worn for 6-8 weeks and then as needed.
- The style will vary by the area being treated (i.e., arms, abdomen, back, etc.). Pick a garment that covers the treated area.
- You may prefer a garment with an integrated bra or tank top. Different people prefer different designs, but several options are shown above. It should extend below the elbow area.
- The goal is for even, firm compression without “riding up” or “riding down”. It should not “dig in” to the arm pit area and it should not slide off the shoulders. Some have a band across the chest to prevent sliding off the shoulders. It should be snug, but relatively comfortable, and not excessively tight. You may need to order a smaller size once the swelling goes down. It should create smooth contours without bunching or creasing. It is important to maintain good posture to limit folding. Smooth out the skin during or after placement.
- The specific Brand you purchase is of little importance, as long it fits properly.
 - **Important:** Check return policies before purchasing. Some are not returnable after the packaging is opened.
- Options are available on several websites, including **Amazon**.
 - Be sure to check the ability to return the item if it does not fit properly. You may want to purchase several options and return the others.
- You may select any color of your choosing. Beige colored garments can help with camouflage under lighter colored clothing. Black colored garments help camouflage wound drainage or stains.