



Pre-Procedure Instructions for Liposuction, Lipotransfer & Skin Tightening

WHEN YOU SCHEDULE PROCEDURE

- Order your post-procedure garments in time to arrive prior to your procedure date. It is recommended that you order 2 different sizes and try them on to see which gives you the best compression.

You must bring the garment(s) on the day of your procedure.

POST PROCEDURE GARMENTS FOR LIPOSUCTION & LIPOTRANSFER

- Read the following information sheets
 - Website Information
 - Why a Medical Compression Garment is so Important
 - How to measure for your garment

POST PROCEDURE GARMENTS FOR SKIN TIGHTENING**

Jaw/Neck area→you will need a compression jaw/neck strap to wear for the first 72 hours except for when you are showering/washing your hair. You will continue to wear it while you are sleeping, for the next 3-4 weeks.

Breast Lift→a supportive bra with or without wires or compression to wear day and night for a minimum of 3 months. At three months you can wear a lighter bra at night such as: Hanes Get Cozy Pullover ComfortFlex Fit® Wirefree Bra. It is good to wear something such as this at night forever.

Abdomen→high waist medical compression garment to wear as close to 24 hours a day for 1 month. Then you can transition to a high compression garment such as Spanx or Maidenform and wear this for an additional 2 months. This reduces the tension on the skin enhancing the skin tightening results.

Thighs→medical compression garment that has firm control on thighs and goes below knees to wear as close to 24 hours a day for 1 month. Then you can transition to a high compression garment such as Spanx or Maidenform and wear this for an additional 2 months. This reduces the tension on the skin enhancing the skin tightening results.

Aegean Medical at Crystal Coast Pain Management & Azura Skin Care Center

www.aegeanmedical.com

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***If you are having liposuction/lipotransfer on an area that will be treated with the skin tightening, purchase the compression garments as directed for the liposuction/lipotransfer.*

Our staff can assist you in picking the best garment for your particular procedure.

ONE MONTH PRIOR TO *LIPOTRANSFER* → Supplements are **NOT** taken for liposuction OR skin tightening

- Start taking Raw Materials Basic Formula
 - Two capsules per day → can take both in the morning OR one in morning and one midafternoon. Take with a little food. Do not take within 1 hour of other medications or supplements
- Start Neo 40
 - Two tablets per day → take 12 hours apart. Chew or dissolve in mouth.

ONE WEEK PRIOR TO PROCEDURE

- Stop taking NSAID medicines such as Aspirin, Ibuprofen, and Naproxen since they interfere with normal blood clotting. Check medication labels for the *active ingredient*.
 - You may take Acetaminophen (Tylenol) as needed for pain not to exceed 3000 mg a day.
- Stop taking herbal medicines and supplements since they can interfere with normal blood clotting and blood pressure → Dong Quai, Ginger, Feverfew, Ginkgo Biloba, Ginseng, Garlic (high dose), Omega-3 fish oil (3000 mg/day or higher), Vitamin E (high dose).
- Stop taking all diet pills and appetite suppressants—prescription, over the counter and herbal.
- Dr. Tellis will discuss any changes you may need to make with any of your other regular medications.
- Stop smoking because nicotine reduces blood flow and impedes the healing process.
- Arrange for a responsible adult to drive you to and from the procedure.
- Arrange for a responsible adult to stay with you for the first 24-48 hours. It is common to be very tired, dizzy and have some nausea or vomiting.
- Have your prescriptions filled for the procedure and bring them with you the day of the procedure.

DAY BEFORE PROCEDURE

- Stop any alcohol consumption for 24 hours before your procedure.
- Eat a regular meals. Drink plenty of water.
- Prepare your car and anywhere you will be sitting or sleeping with old towels and plastic liners (trash bags, shower curtain, felt backed table cloth etc.). It is normal to have some blood tinged anesthetic fluid drain from your incisions for 24-72 hours.

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MORNING OF PROCEDURE

- Take Ativan (lorazepam) as directed → 1 tab; 2 hours and another 1 hour prior to procedure.
- Take anti-nausea medication (Phenergan or Ondansetron) → 1 tab 2 hours prior to procedure.
- Take your pain medication as directed → 1 tab; 1 hour prior to procedure, then as needed every 6 hours after procedure.
- Eat a light meal with protein and fat about 1-2 hours before your procedure. You may have a cup of coffee or tea if you normally have one in the morning. Drink only water after this meal.
- Take your first dose of the antibiotic with your meal.
- Shower and shampoo hair to reduce bacteria on your skin and hair.
- If you are applying makeup, lotions, hair products, sprays, perfume or powders use a minimal amount. Refrain from wearing unnecessary jewelry.
- Wear comfortable loose fitting clothing in dark colors. Be aware that anything you wear may end up stained by the drainage from the incisions.
- Bring prescribed medications with you to your procedure.
- Bring your post-procedure garments.

CHANGES TO MEDICATION AND HEALTH STATUS

- If you have any changes to your medications or health, please notify Dr. Tellis by calling the office as soon as possible.

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