



## **Pre-Procedure Instructions for Skin Tightening**

### **WHEN YOU SCHEDULE PROCEDURE**

- Order your post-procedure garments in time to arrive prior to your procedure date.  
***You must bring the garment on the day of your procedure.***

### **POST PROCEDURE GARMENTS\*\***

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.

***\*\*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 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.

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- Stop taking herbal medicines and supplements that can interfere with normal blood clotting and blood pressure → Dong Quai, Ginger, Feverfew, Ginkgo Biloba, Ginseng, Garlic (high dose), Omega-3 fish oil (high dose), Vitamin E (high dose).
- 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.
- If you are prescribed any sedative pre-medication, arrange for a responsible adult to drive you to and from the procedure and stay with you during the first 24 hours after the procedure.
- Purchase your post-procedure garments. **You must bring these on the day of your procedure.**
- Have any 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 meal the evening before. 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 24-48 hours.

#### MORNING OF YOUR PROCEDURE

- If prescribed, take the Ativan (lorazepam) as directed → 1 tab; 2 hours and another 1 hour prior to procedure.
- If prescribed, 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 for pain.
- 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.
- Shower and shampoo hair to reduce bacteria on your skin and hair.
- Refrain from applying makeup, lotions, or powders to the areas to be treated. 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 to the office.
- Bring your post-procedure garments to the office.

#### 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. Your procedure may have to be rescheduled.

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