



The Sports, Spine & Wellness Center

Jimmy Huebert, MD

Post-Op Lipo & Laser Skin Tightening (BeautiFill™+BeautiFirm™) Instructions

- Going home. You should not plan to drive yourself home. It is recommended that you have a responsible adult with you for the first 24 hours following your surgery. Resume your usual diet as tolerated. Drink adequate amounts of water or fruit juices to prevent dehydration. Avoid drinking alcoholic beverages for 1 week before surgery and at least 3 days after surgery. If still taking pain medications after 3 days post-procedure, do not start consuming alcohol until at least 24 hours after the last dose of pain medication.
 - Activities. Rest is recommended immediately after surgery. After surgery do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours after surgery or while taking narcotic medications. Later in the day or the evening of surgery you may take a short walk if desired. The day after liposuction surgery you should feel well enough to drive your car and engage in light to moderate physical activities. You may carefully resume exercise and light physical activity 2 to 4 days after surgery. Avoid strenuous and vigorous activities for one week following the surgery. We recommend that you begin with 25% of your normal workout and then increase your activity daily as tolerated. Most people can return to a desk job within 1 to 2 days after surgery, although one must expect to be sore and easily fatigued for several days.
 - Post-Operative Garments. After tumescent liposuction, post-operative compression garments (compression garment and/or elastic binders) are worn to hold the absorbent pads in place and to provide sufficient compression to accelerate the drainage of the blood-tinged anesthetic solution and to help decrease your pain. Then, 1-2 days after surgery, when the garments are first removed in order to take a shower, patients may experience a brief sensation of dizziness. Feeling lightheaded is similar to what you might experience when standing up too quickly. It is the result of rapid decompression of the legs or abdomen as the garments are initially removed. Should dizziness occur, simply sit or lie down until it passes. Dizziness may be prevented by removing the first (top) garment 10-15 minutes before removing the second garment.
- GARMENT USE:**(determined by treated areas): (NOTE: continuous use means: garments can be removed for showering or cleaning only).
- > Under chin & Neck: 5-7 days continuous
 - > Posterior Arms: 14 days continuous, then another 14 days (12 hours on - 12 hours off)
 - > Abdomen & Back: Double binder (3 days), then single binder: 14 days continuous, then another 14 days (12 hours on - 12 hours off)
- Post-Operative Draining. One should expect a large volume of blood-tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours following tumescent liposuction. In general, the more drainage there is, the less bruising and swelling there will be. For the first 24 to 36 hours, bulky absorbent dressings are worn under the garment. After most of the drainage has stopped, patients need only place a thin, absorbent gauze dressings over the incision sites that continue to drain. During the first 36 hours after surgery, there is a risk that drainage may leak beyond the pads. To prevent staining the furniture or fabric, it is advisable to sit or lie on an absorbent pad or protected sheet.
 - Wound Care and Bathing. Keep incisions clean. You may shower 24-48 hours after your procedure. Lightheadedness is common when removing your compression for the first time, so do this lying down. Shower once or twice daily. First, wash your hands, then wash incisions gently with soap and water; afterward, gently pat incisions dry with a clean towel. Apply new absorbent dressings. Incisions that have stopped draining for more than 24 hours need not be covered with absorptive pads. Take the antibiotics as directed with food until completed. Call our office if you notice signs of infection, such as fever, foul-smelling drainage, focal redness, swelling, or exceptional pain in a treated area.
 - Do not apply ice packs or a heating pad to skin overlying the treated areas.
 - Do not apply hydrogen peroxide or Neosporin/polysporin to incision sites.
 - Do NOT submerge in bath, hot tub, pool, lake or ocean for at least 1 week after surgery (or until incision sites are completely closed).
 - Starting at Day 4, you may apply medical grade scar prevention cream to incision sites at least once a day. The longer you keep the incisions covered with this and a Band-Aid, the faster AND better they will heal.
 - Soft tissue mobilization & lymphatic massage with a manual therapist or with our *AccentPrime™* system will be initiated in the first week post-op, and will be continued as directed for 4 weeks, and then as needed to help maximize your results.

AccentPrime™ is Alma Laser's most advanced workstation for skin tightening, soft tissue mobilization and aesthetic enhancement. This platform combines the latest innovations in ultrasound and radio frequency (RF) technologies to deliver effective, highly customized treatments with long-lasting results.

Should you have any unanswered questions or concerns:

Please contact the office: 503 691-2000, email: ma@huebertssc.com, website: huebertssc.com

Thank You for choosing The Sports, Spine & Wellness Center.



POST-OP INSTRUCTIONS TO HELP REDUCE BRUISING:

WHAT CAN BE DONE TO HELP PREVENT BRUISING?

- With any type of invasive procedure, bruising is always a risk. No precautions can prevent bruising 100% of the time, these are some simple things that can be done to help prevent bruising or minimize bruising.
- **No** submersion under water for 72 hours-ie: hot tub, full bath, pool, etc)
- **NO ICING** for 7 days (that includes the harvest site and treatment sites)
- No Anti-inflammatory medications (ie: ibuprofen, aspirin, Aleve, etc) for a minimum of 30 days after treatment (if possible try not to use NSAID's for 90 days)
- Activity level:
- Week 0-2: minimal activity
- Week 3-6: gentle regular daily activities
- Week 7-12: **gradual progressive activities** (work outs, cycling, easy jogging, etc)
- Week 13+: no restrictions

STOP ALL SUPPLEMENTS 14 DAYS PRIOR TO YOUR APPOINTMENT

- This includes all multivitamins, supplements such as St. John's wort, ginkgo, fish oil, vitamin D, vitamin E, turmeric, chia seed, flax seed. Eliminate all smoothie supplements or protein powders.
- Stop all anti-inflammatories 7 days prior to your appointment.
- Stop all alcohol consumption 7 days prior to your treatment.
- Do **NOT** stop taking medications prescribed by your physician for other medical conditions. If you have any questions about your prescription medications, please contact this office prior to your appointment or treatment day.
- **ALLERGY ALERT:** DO **NOT** WEAR PERFUMES OR FRAGRANT LOTIONS THE DAY OF YOUR PROCEDURE.

YOU WILL BE SENT HOME DUE TO ALLERGIES IF PERFUME IS WORN!

THANK YOU!

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Common Side Effects of Tumescent Liposuction.

- Menstrual irregularities with premature or delayed onset of monthly menstruation are common side effects of any significant surgery.
- Flushing of the face, neck, and upper chest may occur after liposuction surgery and usually lasts for 1 or 2 days.
- Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. If your temperature rises above 101.5, please call the office immediately. Discomfort and soreness are worse the second day after surgery, then improves daily. Two extra-strength Tylenol every 4 hours, while awake, for the first 48 hours will reduce the inflammation, swelling and soreness associated with surgery. **DO NOT** take Tylenol and pain relievers containing acetaminophen such as Norco or Vicodin simultaneously. Do not take aspirin, ibuprofen, or medications that contain these drugs (Bufferin, Anacin, Advil, Nuprin) for at least 3 days after surgery, since these can promote bleeding.
- Bruising is typically mild with tumescent liposuction. Nevertheless, the more extensive the surgery, the more bruising one can expect.
- Swelling due to an inflammatory reaction to surgical trauma may occur and increase starting at 3-5 days after surgery; this is treated with anti-inflammatory medications and daily at-home massage. Swelling and bruising of the genitals is common after liposuction of the abdomen and may be striking in its appearance; but no treatment is required and it typically resolves within the first week.
- Itching of the treated areas several days after surgery may occur as part of the normal healing process. To help relieve the itching, you may try taking Benadryl as directed on the packaging. Be aware that Benadryl causes drowsiness. Benadryl may be purchased over-the-counter at most drugstores.

Uncommon But Potentially Dangerous Side Effects of Tumescent Liposuction.

- Deep vein thrombosis (DVT) is a blood clot that forms in a deep vein. Signs and symptoms of DVT include but are not limited to: swelling in one or both legs, pain or tenderness in one or both legs that may occur while standing or walking, TENDERNESS IN THE CALF is one of the most important signs, warmth in the skin of the affected extremity when compared to the unaffected extremity, leg fatigue, redness in the leg. If you think you have a DVT please call the office to be seen by a physician as soon as possible. If you experience chest pain, difficulty breathing, fainting, loss of consciousness or other severe symptoms, go to the nearest Emergency room IMMEDIATELY.
- Increased risk for Pulmonary Embolus. A Pulmonary Embolus (PE) occurs when one or more arteries of the lungs are blocked by a blood clot usually traveling from somewhere else in the body. The most common site being a DVT from the leg. Signs and symptoms of a PE include but are not limited to sudden and unexplained shortness of breath, chest pain on inspiration, rapid breathing and a cough that may produce blood tinged sputum. PE can be life threatening if prompt medical treatment is not received. If you think you have a PE call 911 IMMEDIATELY.
- Increased risk for Hematoma. A hematoma is a collection of blood outside of a blood vessel caused by trauma. Signs and symptoms of a hematoma include but are not limited to irritation, inflammation, swelling, pain, and redness. If you think you have a hematoma please call the office.

MEDICATIONS:

- Prescribed Antibiotics: Start taking these 3 days before the procedure, twice a day with food, for a total of 10 days. Do not take these within an hour of consuming milk, eggs, or calcium tablets.
- Oral Sedation Medications. Will be taken as directed 1 hour before your procedure
- Pain Medication. Take every 4-6 hours as directed for pain. It is best to take the Phenergan 30 minutes prior to the first dose of pain medication to avoid nausea.
- Promethazine 12.5-25mg tablets. Take every 6 hours as needed for nausea from pain medication.
- Schedule follow-up appointments. Your post-operative appointments have been scheduled for the following times:

1-2 day post-procedure appointment:	Date: _____	3 month	PHOTO	appt date: _____
1 week post-procedure appointment:	Date: _____	6 month	PHOTO	appt date: _____
1 month post-op & PHOTO appt:	Date: _____	12 month	PHOTO	appt date: _____

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Recovery Timeline –(BeautiFill™-BeautiFirm™)

- **Day of surgery:** Expect that the numbing will last upwards of 8 hours; soreness will begin after the lidocaine wears off. Take pain medication as directed and as needed for pain. Pain medication is best taken on a full stomach. Make sure to hydrate with fluids and to eat protein. Drainage starts immediately after surgery and will continue throughout the night. Change pads as needed usually 2-3 times. Compression garments are worn continuously as directed above.
- **Days 2-3 after surgery:** This period is typically the worst as far as soreness and pain goes. Also, brief light-headedness (similar to what you might experience when you stand up too fast) may be present when you remove your compression garments to take a shower. To minimize this effect, simply sit or lie down until it resolves. The compression garment needs to be worn continuously for 4 weeks as directed, removed only for showering or washing the garments.
- **Weeks 2-4 after surgery:** Swelling and the appearance of bruising tends to be delayed and starts to appear 3-4 days out from surgery. This tends to make the areas look temporarily worse. The compression garments should be worn 24 hours per day for the first 2 weeks (removed only for bathing or washing garment), then as directed for the next 2 weeks. After the first 2 weeks, you may wear Spanx or other compression garments if so desired as directed. Stratamed, Aquaphor or other medical grade scar cream should be placed on all incision sites at least once a day after the 3rd day (once the outer compression garment/binder is no longer used). These wounds heal better when covered, so cover with Band-Aids after placing the scar cream. The wound care should ideally continue until wounds are completely healed. You will start lymphatic massage or *Accent Prime™* treatments (at least 2x/week for the first 2 weeks, then at least 1x/week for another 2+ weeks).
- **Weeks 4+ after surgery:** Swelling tends to come and go with fluid shifts (salt intake, menstrual cycles, etc.). Over some areas, hard lumps may be felt underneath the skin; these are pockets of swelling and degenerating fat. These areas are treated with continued lymphatic massage or *AccentPrime™* treatments as scheduled. Numbness and tingling is common during this time and tends to fade as the swelling goes down. At the end of the first month, skin tightening is just beginning; so, at this point, contour is usually better but laxity of the skin is often still present.
- Skin tightening continues to improve for 6-9 months post-surgery, final results may take up to a year. During this time, we recommend a medical grade moisturizing skin cream (we carry CBD and Tranont skin care products for your convenience) or other medical grade moisturizing & tightening skin cream (use twice daily). Diet and exercise should be continued and maintained. Maintenance of your pre-surgery weight is important, also, any weight loss will only accentuate the final results and help with skin tightening.
- Continuing your healthy lifestyle is very important for healing and best results, this includes your vitamin and supplement regimen. If you're interested in starting or changing her current regiment, please inquire about TSSWC's partnership with NUSKIN's nutritional support division, 'PHARMANEX' for all your vitamin, nutritional and wellness support needs.

Inquire about an (S3) **BioScan** to determine your current cellular health status.



Discharge Order for Medicated Patients

Patient: _____

DOB: _____

- It is the policy of the Sports & Spine Center that patients who are given narcotics for procedures must be discharged to a designated driver (either friend/family member or medical transportation service) in order to ensure that the patient arrives home safely following their procedure. Patients who have taken such medications are advised to not operate any heavy equipment, especially a motor vehicle, until the medication has completely worn off (typically 4 hours).
- Patients are responsible for arranging transportation to and from the clinic.
- If a patient has not made appropriate arrangements by date of surgery, surgery may be cancelled or rescheduled and patient will be charged the full cancellation or rescheduling fee.
- Upon completion of the procedure, the Sports, Spine & Wellness Center will notify the specified driver that the patient is ready to be picked up. The patient will be discharged to the specified person or service upon arrival.
- Patients under the influence/alterd by narcotic medications will not be released to a Taxi, Lyft, Uber, or other non-medical transportation service.

Driver: Name _____ Phone: _____

*I fully understand that I will be discharged only to the person or transportation service specified above and that following discharge,
The Sports, Spine & Wellness Center is not responsible for my safety regarding my travel home.*

Signature of Patient (or Person Authorized)

Date

Signature of Physician or Assistant

Date