

## **Bodytite Post Care Instructions**

**First Night at Home** is rest and sleeping off anesthesia. May get up for eating and restroom but mostly resting. While in bed, you should keep your head and lower extremities elevated with a pillow under your head and knees. Swelling and discomfort gradually increases over the first 72 hours then gradually subsides.

**Medications:** Only take prescribed pain medication or Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. No pain relievers such as Aspirin or NSAID's (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) These can thin the blood and can cause bleeding or increase bruising.

**Diet:** I recommend a bland diet and plenty of fluids to start with. If you can tolerate this you are ready to resume a normal diet. Please keep in mind to limit salt intake, as this will make you retain more water.

**Wound Care:** After 48 hours let soapy water wash over the incision sites (do not scrub). Let incision site air dry before replacing body suit. Light layer of antibiotic ointment is okay once a day after showering. Tiny scabs may appear during the healing process. Please do not pick at the scabs.

### **What to expect:**

Treatment areas will have dressings and/or a pressure garment. After 48 hours dressings may be removed for showering. The garment ideally should be worn as much as possible for the first 3-6 weeks depending on the treatment area to decrease swelling and risk for seroma (collection of fluid) formation in the postoperative period.

Although the effects are rare and temporary, redness and swelling may last up to 3 weeks and are a part of a normal reaction to the treatment. Bruising can occur in some people and lasts 1 to 2 weeks and are normal reaction to the treatment as well. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months.

Burns and changes in pigmentation are rare although may occur

**Activity:** Next day post procedure: please get up and walk around every 2 hours while awake for at least 3-5 minutes. This is to help prevent blood clot formation. No aerobic exercise for 3 weeks post procedure (includes any activity that raises your heart rate and/or blood pressure). Limit lifting, pulling or pushing anything for at least 2 weeks. Limit exposure to excessive heat (including fires) and UV light for 2 weeks. Most patients return to non-strenuous work within 1-2 weeks depending on the treatment area. And return to strenuous activities in 4-6 weeks.

**Next appointment:** First follow up appointment will be 1 week post procedure. At that appointment we will review massage/rolling techniques to keep treatment areas soft and smooth.

Call the office if you have any questions **775-284-2020**