

## Care After Face/Body Tite Procedure

### ACTIVITY

- Starting the day after surgery, please ensure you get up and walk around every hour while you are awake. When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots.
- You must avoid strenuous activities and exercise for about four weeks.
- For Face Tite - To reduce swelling when resting keep your head elevated about 45 degrees for at least two to three days to help minimize swelling. We recommend following a soft diet for the first 48 hrs.
- If applicable, you can resume sexual activity when you feel comfortable. Generally waiting 6 weeks is adequate; however, every person may feel differently.

### MEDICATION

- Please do not take any Advil, Ibuprophen, Aspirin, Motrin or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- Take Tylenol instead of your narcotics when you feel able.
- If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

### SHOWERING, WOUND CARE and GARMENT

- You must shower on the second morning after your surgery and then on a daily basis. No earlier please. Please have someone present with you for your first shower and do not lock the bathroom door as you may become dizzy. DO NOT take a bath, swim, or sit in any hot tubs until your incisions are fully healed.
- Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate the area.
- It is normal to have some red-tinged fluid drainage from the incision sites for the first few days after surgery. Reinforce sites with gauze if needed.
- You have been fitted with a compression garment. This garment is to remain in place day and night for at least 1 week and then as much as possible for 4 weeks. Lipof foam (white foam) is to remain on for 3 days after surgery.

- The garment should be hand washed with water and laundry soap as needed. You can then put them in the dryer on a gentle, low heat tumble dry. We recommend you wash your garments and then put them in to dry while you have your shower. This will allow your garment time to dry and will be ready to be put on when you are done.
- If treatment was done on the face or neck, facial shaving should only be done with an electric razor for the first week.

## **WHAT TO EXPECT**

- You will have moderate discomfort, heaviness, itchiness, tightness, and some burning sensation around your operative area. The itchiness and burning sensation vary from patient to patient but can continue for a few weeks. If you are finding these symptoms increasing or it is unmanageable, please contact the office.
- Numbness to the operative area is common and expected. This may take a few weeks to months for the numbness to resolve.
- It is NORMAL to have some red tinged fluid drainage from the incision sites for the first few days after surgery. If this occurs, reinforce the incision sites with some gauze. Do not be alarmed if one site is oozing more than another site, this is normal.
- Although these 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. Bruises occur in some people and can last for weeks and are a normal reaction to the treatment. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months. This should gradually resolve as time goes on.
- Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 weeks post procedure.
- Burns, small white bumps, and changes in pigmentation are rare although may occur. If you notice any of these, please call the office for an earlier appointment.
- You will have been given a post-operative appointment, if you do not have these details, please contact the office to make this appointment.
- If concerns arise prior to your scheduled visit, please contact the office.

If you have received general anesthetic or IV sedation:

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

Please ensure you contact us **FIRST (not your GP)** with any questions or problems. Please call the office at 519-746-1132 or email [postop@thecosmeticsurgeryclinic.ca](mailto:postop@thecosmeticsurgeryclinic.ca)

In an emergency situation after hours, please contact Dr. Ma directly at 905-818-0746. In the event that you cannot reach Dr. Ma and you need attention urgently, please go to your nearest emergency department.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor or call Tele Health for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

**Last Medication Dose received:**

Acetaminophen 1000mg (2 tablets) @ \_\_\_\_\_ (pain reliever)

Celebrex 100mg @ \_\_\_\_\_ (pain reliever/swelling)

Docusate Sodium 100mg start tonight

Lyrica \_\_\_\_\_ mg @ \_\_\_\_\_ (nerve receptor blocker)

Your last narcotic dose was @ \_\_\_\_\_

We love hearing from you!

