



THE PRE-OPERATIVE SESSION™

PRE-OPERATIVE INSTRUCTIONS FOR CELLULAZE

TWO WEEKS BEFORE THE PROCEDURE:

- Do not take any products containing aspirin, ibuprofen (Advil, Motrin), non-steroidal anti-inflammatory medication or Vitamin E. Tylenol is acceptable.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or Nicotine patch. Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.
- THIS PROCEDURE WILL NEED TO BE CANCELLED IF THERE IS ANY CHANCE THAT YOU ARE PREGNANT.
- All fees are due, including surgical and facility.

ONE WEEK BEFORE THE PROCEDURE:

- Drink 1-2 quarts of water daily for one week prior to the procedure.
- Do not drink alcohol for 1 week prior to the procedure.

DAY BEFORE THE PROCEDURE:

- The Surgery Center staff will call you to inform you of your arrival time for your procedure the following day.

DAY OF PROCEDURE:

- Go to suite 101 (Lindsay House Surgery Center).
- You may shower and shampoo the morning of your procedure.
- Do not apply any lotions or creams to skin on day of procedure.
- Wear loose comfortable clothing.
- Do not wear any jewelry, including body jewelry or bring valuables with you.
- Bring your iPod or MP3 player with you so you can listen to relaxing music.
- You should have a light meal up to 2 hours before the procedure.
- Start your antibiotics the morning of your procedure.
- Bring your prescribed anti-anxiety and pain medication with you to the procedure. You will be instructed when to take them.

POST PROCEDURE INSTRUCTIONS

- A responsible adult must provide transportation for you after your procedure.
- Do not drive for 24 hours after procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours after the procedure.
- You are encouraged to walk around the house, but limit your activities.
- Do not engage in vigorous exercise or sports for at least 3 weeks or until approved by your physician.
- Swelling is a normal body response and is expected for the first few weeks.
- It is expected to take between 3-6 months to see your final results.
- Bruising is expected and normal after this procedure. This will gradually decrease over 2-3 weeks.
- There will be drainage from your incisions. This is normal and may last about 24 hours.
- You will have an absorbent gauze pad over areas of drainage. Replace the pad (s) as needed under your garment.
- You will sleep on a plastic/waterproof pad which will be given to you to protect your bed linen from any drainage.
- There should be minimal discomfort. Discomfort may be relieved by Tylenol or the prescribed narcotic if pain is moderate.
- Drink plenty of fluids after the procedure (8 to 10 glasses per day).
- You will go home with a compression garment in place. You will need to **wear this garment at all times for 3 weeks** after the procedure. **After 3 days** you may take the garment off to shower but it should be put back on immediately afterwards. There will be a foam rubber pad (Topifoam) that will also need to be replaced over your surgical area after your shower.
- You will receive 2 garments, both are machine washable, but should be air dried or dried only on low/no heat.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- **Fever of 101 degree F or greater.**
- **Pain not relieved with pain medication.**
- **Swelling, redness, bleeding, and/or foul drainage from incision site.**
- **Persistent nausea or vomiting.**
- **Any other concerns.**

Office Telephone: 585-244-1000
585-258-4851 after 5 pm.

I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____

Date: _____

Patient Name (print): _____

Date: _____

Witness: _____

Date: _____