



Dr. Frank Stile, MD, FACS  
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## **Liposuction: Follow up Schedule and General Instructions**

Follow up appointments: 1 week - 1 month - 3 months

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you may feel weak and drowsy. You may require help the first few times you get out of bed. You **MUST** get out of bed every 2-3 hours and walk!

### **Day 1-6**

Lite activity, no arms overhead

Rest

Walk every 2-3 hours

Clean with gentle soap and water using washcloth - pat dry

Light activity

Take medications as directed

Wear Phase One Garment full time: adjust if uncomfortable - replace if too tight.

Post Op day 1-3 Begin Body Contouring Post Op Care\*\*\*

Post Op day 3 -May remove garment and shower - wash & dry garment

Wear Phase One garment full time weeks 1-4

\*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort

### **1 Week- Day 7-13**

First office visit: Wound check - Suture removal. Garment will be reevaluated at 1st visit.

May increase activity as tolerated

Wear Phase One garment full time weeks 1-4

Continue Body Contouring Post Op Care\*\*\*

### **1 month**

Second post op office visit

Begin applying silicone gel to incisions as directed

Advance to full activity

Continue Body Contouring Post Op Care\*\*\*

Begin Wearing Phase Two Garment weeks 4-6 if indicated: adjust if uncomfortable — replace if too tight

### **3 months**

Third post op office visit

Photos Taken

May Discontinue Phase 2 garment

\*\* See body contouring post-op care sheets\*\*



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## **Body Contouring Post Op Care**

It is strongly suggested that all patients who have undergone body contouring procedures which include: Tummy Tuck (abdominoplasty), Lipo-Sculpture (liposuction), Brazilian Butt Lift, Thigh-lift and Arm-lift or any combination of these enroll and receive our recommended Lymphatic massage, Cavitation and/or Ultra-Sound therapy treatments specific for your surgery.

### **Lymphatic Drainage Massage / Drainage Therapy**

First two weeks post-op

Lymphatic massages begin within the first 2-3 days after most body contouring procedures.

Lymphatic drainage massage, also known as manual lymphatic drainage, relieves swelling that happens when a medical treatment such as surgery blocks your lymphatic system. This can result in swelling, induration and fluid retention in these areas.

Manual lymphatic drainage is a type of massage that will encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. The lymphatic system is 'the body's cleaning service'. It consists of vessels, nodes, and organs that work together to facilitate the proper flow of lymph, remove waste products from it, and direct the waste products to organs that are responsible for flushing them out of the body. If the lymphatic system is not working properly, lymphatic fluid, serum and toxins can build up in your tissues.

Lymphatic drainage massage involves gently manipulating specific areas of your body that have been contoured with surgery to help lymph move to an area with working lymph vessels. A lymphatic drainage massage is a technique that involves the use of long, gentle, and rhythmic strokes aimed at restoring the lymphatic system's optimal function that results in decreased discomfort, swelling and induration (hardening).

Lymphatic massage will help you achieve a smoother, less 'lumpy' result. 10-12 sessions are recommended

\$150 per individual session

10 session package \$1250

\*•You can receive up to 20% off if you have a Skin Pros skin care membership



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### **Cavitation Therapy**

Starting week 3 (post op day 15)

We typically recommend a minimum of 4 sessions - maximum of 10 sessions

Cavitation therapy can begin in as little as 15 days after surgery. This will allow the lymphatic system to properly heal after surgery prior to beginning your cavitation treatments.

The 'cavitation effect' can help to soften indurated (hardened areas) and break down scar tissue and adhesions. It also helps to increase blood flow and the release of pain-relieving chemicals, such as endorphins and serotonin.

It has also been shown to be an effective non-surgical method of reducing cellulite and localized fat. This procedure involves applying pressure on fat cells through ultrasonic vibrations. The pressure is high enough to make the fat cells break down into a liquid form. The body can then get rid of it as waste through your urine.

The application of low frequency ultrasound eliminates fat cells, improves induration and reduces serum collections without damaging surrounding tissues. It gently breaks down fat cell membranes, allowing the release of its contents. Fats are then released by the body's lymphatic system.

Depending on the area being treated, 6- 8 sessions may be required to achieve optimal results.

Large area: abdomen - upper/lower, abdomen & flanks Inner/outer thighs, full back  
\$275 per large area

Package of 4- \$1,000

Package of 8- \$2,000 plus one complimentary treatment with purchase of the package.

Medium area: Flanks, flanks & bra fat, upper arms  
\$200 Per medium area

Package of Four \$700

Package of 8 \$1,400 plus one complimentary treatment with purchase of package.

Small area: Lower face - Chin, Jawline, neck, forehead  
\$125 Per area\*\*

Package of 8 -\$900 plus one complimentary treatment with purchase of package. \*\*\*

Package of 4 -\$450 \*\*

- We recommend that you have a minimum one treatment per week.
- For optimal results, we recommend you receive two treatments per week for four weeks.
- All appointments must be scheduled consecutively.
- For Best results, minimize intake of Simple Sugars & carbohydrates. Incorporating a 'clean diet' would be ideal to enhance your results. Drinking 2-4 glasses of water before the end of each treatment is recommended. Minimizing alcohol consumption until all treatments are completed will improve results as well.

\*\*You can receive up to 20% off if you have a Skin Pros skin care membership!