



CosmetiCare

PLASTIC SURGERY AND MEDSPA

CosmetiCare Post-Operative Must-Have's and Recommendations

Pre- and Post-Operative support for optimal healing:

*DO NOT SMOKE! Smoking starves the cells of oxygen and inhibits wound healing. Discontinue smoking 6 weeks before and after surgery. In some cases, 4 weeks may be minimum.

Whether you do smoke, recently quit or just want to optimize healing post-surgery, we recommend:

O2 Health Labs <http://www.o2healthlab.com/>

Foods and drinks to stock up on:

- Water, Gatorade or any electrolyte beverage
- Easy foods to digest such as saltine crackers, toast, oatmeal or eggs

Supplements and supplies to stock up on:

- **Stool Softeners**-Pain medication WILL cause constipation. Use of a stool softener can help minimize your discomfort during healing.
- **Arnica**-Great for bruising and swelling post-surgery. We recommend **BOIRON ARNICA 30C tablets** (\$26.00 for 80 tablets and can be purchased in-office).
- Ice packs-suitable for sore or tender areas. **These are not to be used for facelift or fat transfers.**
- **Pillows**-Enough to support elevated sleep (behind the head, back, under the arms and knees if necessary)
 - **BBL's or Buttock Augmentations**-We recommend the following to make your recovery easier:
 - Booty pillow
 - www.Bootybeanbag.com
 - www.thebootybuddy.com



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Garment Recommendations:

Wear your garment and/or bra as instructed by your surgeon. In general, they need to be worn for four weeks after surgery. Remember to remove them every so often to be washed. No underwire bras may be worn unless instructed by your surgeon. After your surgery is complete, the nursing team will help you put on your garments. For additional options, we recommend:

**Women's Zip Front Sports Bra Wireless Post-Surgery Bra Active Yoga Sports Bras (\$20.99 and up)-
*Great for Breast Augmentation, Mastopexy, Breast Implant Exchange***

https://www.amazon.com/Womens-Sports-Wireless-Post-Surgery-Active/dp/B078HZV198/ref=sr_1_13?dchild=1&keywords=Post-Surgical+bra&qid=1606254648&sr=8-13



Homma Premium Thick High Waist Tummy Compression Slimming Leggings-*Great for Abdominoplasty, Lower Body Lift, Lower body liposuction*

https://www.amazon.com/gp/product/B072BXRSL/ref=ppx_yo_dt_b_asin_title_o05_s00?ie=UTF8&psc=1



BBL's or Buttock Augmentation post-surgical garments:

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- www.thebootybuddy.com



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All other garment recommendations:

- www.calicurveswt.com

Scar Care:

Scars may heal better with the use of *Silagen Scar Gel* or strips. Each product contains medical grade silicone to help minimize the appearance of scars. Typically, patients may begin using scar gel 4-6 weeks after surgery. Please ask our office staff about purchasing it.

Urgent health matters regarding your surgery:

In case of complications, stay calm, have your emergency numbers on hand and contact or have your caretaker contact your surgeon or the on-call physician to let them know of your problem as soon as you can.

If you believe you are experiencing any surgical complications and/or abnormalities (excessive redness, sudden increase in pain, copious drainage from incisions, asymmetrical swelling, fever, chills, etc.), contact **CosmetiCare Clinic After Hours Emergency Line: (949) 514-0228**. Please note that this is number for emergency questions only and not a scheduling line. If you believe you have a medical emergency that requires an ambulance, **please dial 911**.

If you are going to emergency room, do not forget to tell your surgeon which hospital and bring all your medications.

Patient signature

Date

Clinic Team Signature

Date