

Preparation for SUBMENTAL Liposuction & Thermage

Pre-operative visit:

- ◆ You will be given a pre-surgery instructions that you will need to follow prior to and the day of surgery
- ◆ Notify us if you have issues with, or are taking any of the following:
 - Demerol-Vicodin-Vistaryl
 - Allergy
 - **Propylene Glycol Allergy**
 - Accutane
 - Keloid history
 - Metal implants of any kind
 - Thread lift-Contour Lift-Feather Lift
 - Heart disease
 - **Pacemaker / Defibrillator**
 - **Seizures / Epilepsy**

Indications for liposuction:

- ◆ Submental liposuction is indicated for those patients who are slightly to moderately overweight and have fat “collections” that are resistant to diet and exercise. It is not meant to be a weight loss treatment.
- ◆ Any contemplated weight loss is strongly recommended before surgery.

Supplies needed prior to procedure:

- ◆ Frozen peas & small plastic bags to use as ice packs
- ◆ Bromelain 500 mg pills (GNC) start taking twice a day 1 week prior to surgery & for 1-2 weeks after surgery
- ◆ We will give you a chin-strap to wear after surgery. We will show you how to wear it.

Day of procedure:

- ◆ Arrive **1/2 hour prior** to scheduled appointment time
- ◆ Dress in comfortable clothing (sweat suit). No jewelry or makeup.
- ◆ Sneakers and warm socks

What to expect following liposuction:

- ◆ Bruising may be mild to moderate and can extend to surrounding areas.
- ◆ Bruising can last for 1-4 weeks following the procedure.
- ◆ Results will start to become apparent after 1 week and become more dramatic by 6 weeks. Results will continue to improve for up to 6 months-1 year.
- ◆ You will wear your chin-strap for **1 week** non-stop except to shower. Then you will wear it for **6 weeks** afterwards at night.
- ◆ You may shower starting the **day after** your procedure. **NO BATHS and NO SWIMMING/JACCUZZI.**
- ◆ Drink and eat only low salt fluids and food for the first 2 days after surgery.