DR. EDWARD E. DICKERSON, IV
Fayetteville Plastic Surgery
Cape Fear Aesthetics MedSpa

ThermiRF/ThermiLift/ThermiTight
Subdermal Skin Tightening and Sculpting
Post-Operative Instructions

1. Post-Operative drainage may occur following surgery and your garment may develop blood stains around the incisions. Abdomens especially tend to ooze a blood-tinged drainage for several hours (up to 48 hours) after the procedure. Even though this fluid is red, it is only about 1% blood with the remainder being injected local anesthetic and tissue fluid. Draining for each patient will vary from mild to excessive. You may have to change your dressings the night of surgery and periodically for 1-4 days. Sanitary pads are recommended. Bandages should be changed at least daily to prevent infection.

2. If you experience nausea and/or vomiting it is probably due to the antibiotic or pain medication. Please try to take this with food. If it persists, please call our office at **910-323-3757.**

3. Please have someone stay with you the day of surgery. This is very important.

4. Please leave your garments on at all times except for dressing changes. No baths or hot tubs are allowed for one (1) week. A shower may be taken after twenty-four (24) hours. You will wear your garment for 1 weeks after surgery.

5. Antibiotics may be given to take the day after surgery. Please take these with food. If you have specific medication allergies, notify the office immediately.

6. Do not take vitamins, Aspirin or Aspirin-containing products or Motrin for two (2) weeks prior to surgery and one (1) week after surgery. See medication list for all medications that affect your surgery.

7. Diet notes: Meals are not restricted. Drink plenty of clear fluids. We recommend ten (10) glasses of water a day. Avoid caffeine and alcohol containing beverages for two days, no exceptions.

8. Post-operative discomfort will usually be that deep muscle soreness and will improve over the following 2-7 days. A prescription will be given to you if needed, however take 1-2 Tylenol pills every 4-6 hours as needed for discomfort.

9. Clean the incision sites with antibiotic ointment (polysporin) and cover the incision sites with band-aids once drainage has stopped.

10. Rest for the first 12 hours. Take it easy for the first 2-3 days. You may resume your normal activities as tolerated. If you experience more than mild swelling or discomfort you may be over doing it. This will not affect the results of your surgery. If you have your knees or arms done, elevate them for the first 24 hours to decrease swelling in the ankles, feet, forearms and hands. Males and females experience significant swelling in the pubic region after lower abdominal surgery.

11. Therapeutic massage is very helpful to speed the healing process. Massages may be done as often as every other day. Whirlpools and hot tubs are permitted one (1) week after surgery to increase circulation.

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12. You may experience mild depression the first week after surgery. After this time, your mood will improve as you see swelling and bruising fade.

    If you have any questions please call the office at **(910) 323-3757**.

I have read the post-operative instructions and fully understand what is contained therein.

_____ Signature of Patient / Date

_____ Signature of Witness / Date