

Your SmartLipo Treatment

What to Expect

- ✓ SmartLipo is laser-assisted lipolysis, commonly referred to as laser liposuction. A very thin tube containing the SmartLipo laser fiber is inserted in targeted fatty areas through a small incision. The laser literally melts the fat, which is removed with gentle suction. In addition, it tightens the skin.
- ✓ You **MUST** have a **RESPONSIBLE ADULT** (over 18 years of age) bring you to our office and pick you up.
- ✓ You **MUST** have a responsible adult over 18 years of age stay with you for 24 hours following your procedure.
- ✓ You may notice blood-tinged drainage coming through your compression garments. This is normal and can last up to 72 hours.
- ✓ For best results, follow instructions carefully regarding compression garments. If you do not follow guidelines, you may have an undesirable result. These garments are cold-water wash on gentle cycle only; use a mild detergent and air dry only.
- ✓ You may develop firmness or unevenness in the treatment area; this is a normal part of the healing process.
- ✓ You may experience changes in sensation (numbness, tingling, burning, itching, sharpness, and pinching) while nerves are healing for up to several months.
- ✓ Cupping and lymphatic massage will be important during the healing process. We offer 3 complimentary cupping sessions and will give you contact information for a massage therapist.

Inform your Provider

The following may affect when you may have your procedure or even if you will tolerate it.

- ✓ If you are taking any blood thinning medications.
- ✓ Medication allergies or any change in your medical status
- ✓ If you require medications for dental procedures.
- ✓ If you are pregnant, or suspect you may be pregnant, or if you are breastfeeding

Lymphatic Massage Therapists

Amy Hayes- 336-756-9201 (Has her own separate Fee)

Coleen Gordon- 704-701-7456 (Has her own separate Fee)

2 Weeks before Treatment

- ✓ **NO SMOKING** or tobacco products!
- ✓ Purchase supplies:
 - Multivitamin – 2-month supply
 - Arnica Montana in pill form
 - Antibacterial Soap (Dial, Hibicleanse)
 - Shower liner or incontinence pads to cover furniture immediately after surgery.
 - Adult Absorbent Garments (Abdomen/Flanks only)
 - Tight-fitting cotton tank top to wear under garment (not ribbed!)
 - Neosporin
 - Stool Softener

1 Week before Treatment

- ✓ **NO SMOKING** or tobacco products!
- ✓ No Alcohol
- ✓ Begin taking multivitamin; take until gone.
- ✓ Take Tylenol for pain if needed.
- ✓ Notify our office immediately if you become ill and/or need to take cough or cold medicine.
- ✓ Avoid all blood-thinning medications (see page 3 for a partial list)
- ✓ Pick up Prescriptions (Cephalexin or Ciprofloxacin, Hydrocodone, Phenergan and Valium or Ativan)

The Night Before

- ✓ Eat a healthy meal.
- ✓ Take your antibiotic after dinner.
- ✓ Take a hibicleanse bath.

Notes

Your SmartLipo Treatment

The Day of Your Procedure

- ✓ Eat a healthy breakfast to help prevent stomach upset from medications.
- ✓ Take your antibiotic.
- ✓ Take a thorough shower using your germ-inhibiting soap the morning before your procedure.
- ✓ Bring all Prescriptions to office (Cephalexin or Ciprofloxacin, Hydrocodone, Phenergan, Valium or Ativan)
- ✓ Do NOT apply makeup, lotions, perfumes, or fake eyelashes. Do NOT wear contacts.
- ✓ You may apply deodorant unless you are having your arms or chest done.
- ✓ Wear comfortable, loose fitting, dark clothing that you do not mind getting soiled (e.g. jogging or yoga pants, old t-shirts, or button-down shirts). Include socks and comfortable shoes, preferable slip-on.
- ✓ Do NOT wear jeans or khakis with a button closure or zipper that will restrict the area.

For 24 Hours After Procedure

- ✓ Do NOT remove your compression garment!
- ✓ Use adult absorbent garments (e.g. Depends) to absorb any drainage.
- ✓ Clean any drainage on hard surfaces using antibacterial cleansing wipes.
- ✓ Take antibiotics as directed
- ✓ Use Hydrocodone, Valium, or Ativan for pain management.
- ✓ Use Phenergan for nausea relief.
- ✓ NO driving; you MUST have a responsible adult over 18 years of age stay with you for 24 hours following your procedure.

For 1 Week after Procedure

- ✓ Incisions should be cleaned at least twice daily with mild antibacterial soap and water, allowed to dry, and antibiotic ointment applied afterwards. Continue for 1 week or until incisions have closed.
- ✓ Walking is encouraged; avoid running, weight training and other aerobic exercise for 2 to 4 weeks.
- ✓ Daily activities and sexual activity are as tolerated.
- ✓ Avoid baths, pools, lakes, hot tubs, etc. until incisions have closed.

For 4+ Weeks After Procedure

- ✓ NO SMOKING or Nicotine products for 6 weeks; this can cause delayed and/or irregular healing.
- ✓ For Abdomen Procedures only: Be very aware of your posture at all times, especially when sitting. If you sit all day, get up and walk around every 1 to 2 hours.
- ✓ Wear your garment(s) for a total of 3 months (2 months 24hr a day, 1 month alternating 12hrs on 12hrs off) (Submental area 14 days ONLY)
- ✓ Avoid sun exposure and tanning for **several months**; it can interfere with skin tightening and collagen response.

For 4-12 Weeks after Procedure

- ✓ Wear compression garment for 23 hours per day; remove only when showering for 3 months.
- ✓ Wear tank top to minimize wrinkles from forming.
- ✓ Wear abdominal board for 4 weeks.
- ✓ Use provided foam for the first 5 days (if swelling is still present contact your nurse)
- ✓ Also, wear garment for exercise after 4th week.
- ✓ Avoid running, weight training and other aerobic exercise.
- ✓ Do NOT massage the treatment area

The Healing Diet & Fluid Intake

- ✓ Eat a diet with lots of fruits and vegetables, poultry, fish, lean meat, and raw nuts.
- ✓ NO foods that are high in sodium (e.g. potato chips, soft drinks, or processed foods).
- ✓ Drink half of your body weight in ounces (e.g. drink 50 oz daily if you weigh 100 pounds) in clear fluids to help with rehydration and quicker healing.
- ✓ NO Alcohol, sugary drinks, high fructose corn syrup or artificial sweeteners.
- ✓ NO coffee, tea, or other caffeinated drinks.

Call us IMMEDIATELY (704) 800-5074

Contact our office **immediately** if any of the following occur.

- ✓ Chest Pain or Shortness of Breath.
- ✓ Excessive Swelling or Severe pain, especially in one arm or leg; this is uncommon and may indicate a blood clot.
- ✓ Fever (temperature of 101.5 or higher) that does not resolve with Tylenol
- ✓ Increased warmth at or around the treated area beyond 48-hours post-treatment.
- ✓ Extreme Itching or any large mass or lump

Your SmartLipo Treatment

Please tape this to your bathroom mirror.

Our Contact Information

Stephen Giordano DO
 Carolina Age Management Institute
 (704) 997-6530

Avoid all Aspirin Products, including, but not limited to

<ul style="list-style-type: none"> ✓ Aspirin ✓ Alka-Seltzer ✓ Excedrin ✓ Excedrin Migraine 	<ul style="list-style-type: none"> ✓ Darvon ✓ Percodan ✓ Emprin 	<ul style="list-style-type: none"> ✓ Drintan ✓ Goody's ✓ BP Powder
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Avoid all Ibuprofen Products, including, but not limited to

<ul style="list-style-type: none"> ✓ Advil ✓ Aleve 	<ul style="list-style-type: none"> ✓ Midol ✓ Motrin 	<ul style="list-style-type: none"> ✓ Naproxen Sodium ✓ Naprosyn
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Avoid all Herbal Supplements and Diet Pills, including, but not limited to

<ul style="list-style-type: none"> ✓ Fish Oil ✓ Garlic 	<ul style="list-style-type: none"> ✓ Ginko ✓ Ginger 	<ul style="list-style-type: none"> ✓ Tumeric ✓ Vitamin E ✓ Phentermine
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Discuss Dosage and Use of SSRI's, TCA's and others, including, but not limited to*

<ul style="list-style-type: none"> ✓ SSRI's <ul style="list-style-type: none"> ○ Celexa ○ Lexapro ○ Luvox ○ Paxil ○ Prozac ○ Zoloft 	<ul style="list-style-type: none"> ✓ TCA's <ul style="list-style-type: none"> ○ Amitriptyline ○ Nortriptyline 	<ul style="list-style-type: none"> ✓ Others <ul style="list-style-type: none"> ○ Cymbalta ○ Effexor E ○ Wellbutrin
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*** Do NOT just stop these medications without discussing with your physician.**