

RECOMMENDATIONS BEFORE LIPOSUCTION

Before procedure

Perform the following tests:

Blood tests:

- morphology
- Coagulation (INR)
- Liver tests (AST, ALT)
- lipids
- glucose
- electrolytes

Breast ultrasound:

For women in the case of fat transplant

For men in case of gynecomastia removal

ECG: every patient older than 50

In order to book the date please pay a deposit of 1000 zł.

In the title enter name, surname, the date and time of surgery

KRIOCENTRUM SC

05-420 Jozefow; Wyszynskiego 103

account number SWIFT WBKPPLPP 21 1090 2590 0000 0001 4203 2548

The rest of the amount must be paid by cash or card or bank transfer before the surgery 3 working days before the scheduled date of the procedure.

1. Do not smoke !!! Two weeks before and after surgery: smoking impairs blood circulation, slows down the healing process and increases the chances of complications.
2. Do not take aspirin or any products containing it for two weeks before and after treatment: aspirin reduces blood clotting and may increase bleeding during surgery and during the post-surgery period.

3. Do not take supplements containing vitamins E and A, ginger, ginkgo biloba, garlic and ginseng root as they may increase the risk of bleeding and bruising.
4. Stop taking estrogen: oral contraceptives and hormonal replacement three weeks before and two weeks after surgery.
5. Do not consume alcohol for 5 days before surgery because alcohol can increase the risk of complications and bruising.
6. In the event of symptoms such as fever, sore throat and/or runny nose, before surgery, please tell the doctor.
7. The day before the surgery wash your body with antibacterial soap and shave the areas that will be operated.
8. On the day of the surgery wear loose dark clothes: zip sweatshirt, sweatpants, slip shoes - remember after the procedure you will have dressings on, we suggest that you put covers over the car seats.
9. Leave all valuables at home, wash makeup off, don't use any lotion on body or face and remember that nails should NOT have any polish on them.
10. The given procedure times are estimated, remember that you may stay in the center longer than planned.
11. Keep in mind that after the surgery you cannot drive or ride any vehicles. Remember to arrange a driver after surgery.
12. On the day of the surgery due to the anesthesia which you will be given remember NOT TO EAT and NOT TO DRINK for 6 hours before surgery. Also don't eat any candies or chewing gum.

Recommendations after treatment

If you start to feel excess pain, feeling of fullness or you notice any bleeding, spreading redness in the poerated areas or fever - INFORM US IMMEDIATELY.

1. **Transportation:** A family member or a friend should drive you home after surgery. It would be best if they remained with you for the next 24-48 hours. After the procedure, you cannot drive or ride any vechicles.
2. **Compression clothing:** After treatment we give you a special compression garment to ensure the comfort of the skin and help in adjusting to the new contour of the body. If you had performed surgery in the abdomen or chest, we can provide you with additional foam vest. Wearing this clothing in accordance with the instructions is important, as it supports the healing process and allows to obtain the optimal long-lasting effect of the treatment.
3. **Washing and bathing:** After surgery to the time the wounds are completely healed take only showers, avoid bathing, especially in the hot tub.
4. **Treated areas:** Try to keep the dressings as clean and dry as possible. Change them every day and when soak in order to prevent infection. Avoid overheating the treated areas. You should expect a fairly intense drainage of fluid from the incisions sites. Although fluid can be red it usually contains approx. 1% of the blood. The more intense flow of fluid, the less bruising and swelling you will have.

We recommend to use some impermeable material on the bed and in other places (eg. car seats), to prevent contamination. When the fluid stops flowing we recommend to wash incision sites with water and antibacterial fluid and to apply fresh dressing. When the wound is completely healed we recommend to grease it (eg. Vaseline). Burning, itching, pain, stiffness, numbness are normal symptoms and should disappear within a month, but can last much longer.
5. **Drains:** Drains can be placed at the front or back to accelerate the flow of fluid from the surgical area. They will be removed 3-4 days after surgery.
6. **Manual lymphatic massage:** We recommend that you start MLM two days after surgery. This special type of massage can be performed by a masseur or by the patients themselves. MLM will accelerate the healing process, reduce the hardness. You should have 8-12 massages 2 or 3 times a week.
7. **External ultrasound therapy or RF:** In conjunction with the RML, we recommend the use of ultrasound therapy and/or RF. This will speed up the healing process and soften the tissue. It is extremely important that the patient fully complied with the treatment plan. After approximately 4 weeks after the procedure we recommend undergoing carboxytherapy with intensive mechanical massage (endermology with RF; Velashape). Carboxytherapy improves circulation, tissue regeneration and eliminates inequalities. If you have any questions about other procedures to have after the liposuction don't hesitate to ask the doctor.
8. **Physical activity:** During the first 12 hours after surgery you should move as little as possible. It is normal to feel dizzy, especially when getting up and changing dressings. Remember to always have someone to help you when you do that over the first few days after surgery. Do not overdo, but try to get back to normal activity during the first week after surgery. The emergence of excessive

swelling and discomfort may indicate overload. Give up exercising for 2-3 weeks. Protect operated area from sunlight, use a filter SPV 30 or more, for 6 months.

9. **Diet:** If you feel nausea, eat small portions of easily digestible food. To reduce stomach irritation, take your medication while eating. Drink a lot of water.
10. **Alcohol:** Try to maintain abstinence from alcohol for at least 5 days prior to surgery. It is equally important not to consume alcohol as long after the procedure as you take painkillers.
11. **Smoking:** Try not to smoke. Smoking worsens circulation and slows down the healing process.
12. **Expectations:** Remember that the purpose of the procedure is not losing weight, but slimming modeling, and improving the body contour. Moreover, the treatment goal is not to achieve perfection, but only improve the appearance. As the body after surgery is prone to retain fluid, you may notice a temporary (lasting up to approx. 3 weeks) weight gain. Patients in whom surgery is performed around the bottom of the abdomen may feel intense swelling in the pubic area including the labia in women and penis and scrotum in men. Discomfort after treatment usually involves deep muscle pain and lasts approx. 3-4 weeks., but it begins to improve after approx. 7 days. A slight increase in body temperature, flushing of the face, neck and upper chest may take approx. 48 hours. You may experience symptoms of depression that should begin to subside with decreasing swelling and bruising, which takes approx. a week. There are also a side effect of menstrual disorders.
13. If the procedure was performed on the thighs, it is possible that you will have swelling of the ankles and calves. It may persist for about 1 month.
14. **Drugs taken after surgery:** Take antibiotics and pain medications as prescribed. If you are prescribed antibiotics always take the full dose.

I have read the content and understand it all

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Date

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patient's signature