

ThermiTight Post-Operative Instructions

1. Drainage of fluid may occur following this procedure 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. You will be given prescriptions for an antibiotic and light pain medication to use after your procedure. If you experience nausea and/or vomiting it is probably due to the medications. Please try to take these medications with food. If nausea persists, please call our office at 404-303-7004. It is also best to have someone stay with you the day of the procedure for your comfort and safety.
3. 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 with anti-bacterial soap may be taken after twenty-four (24) hours. You will wear your garment for 2 weeks after surgery.
4. Do not take vitamins, aspirin, aspirin-containing products, ibuprophen, Motrin, Advil, Alleve, etc. for two (2) weeks prior to surgery and one (1) week after surgery. See our "Medications to Avoid" sheets for a complete list of medications that may affect your healing after surgery.
5. Diet notes: Meals are not restricted. Drink plenty of clear fluids.
6. 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 for a light pain medication if needed. However, most patients take 1-2 Extra-Strength Tylenol (500 mg) every 6 hours as needed for discomfort.
7. Clean the incision sites with alcohol, apply antibiotic ointment and cover the incision sites with band-aids once drainage has stopped.
8. 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 procedures.
9. Therapeutic massage is very helpful to speed the healing process. Massages may be done as often as every other day. There is a certified lymphatic masseuse, Jeanine Boyle, LME available in our office.
10. Swelling and bruising are normal after Thermi. These will resolve in 1-2 weeks. Arnica and bromelain pills are available for purchase in our office. For the best results, you should start taking these supplements 3 days before your procedure.