

VASER^{smooth}[™]

Post-Treatment Instructions

1. Fluid may leak out of the small holes used to administer the cannulas and probes to complete the procedure for a duration between 12-24 hours. You will need to change your *dressings* about every 6 hours until the draining ceases.
2. After surgery, do NOT use any *ice* or *heating pads* on the area of treated.
3. Do NOT place *antibiotic ointment* over the incisions for the first week. Place a Band-Aid to protect the incision and your clothes. Antibiotic ointment may be used after one week three times daily.
4. A *compression garment* will be placed immediately after the procedure. The garment aids in forcing the fluid out of the holes and to compress the skin against the underlying muscles to prevent fluid collection. This garment should be worn continuously for the first three weeks, then only at night for one additional week. The garment can be removed to take a shower. The garment may be washed.
5. You may take a *shower* 24 hours after your surgery for about three minutes. The second day you can shower for about five minutes, and thereafter without time restriction.
6. No bathtub use, hot tub or Jacuzzi or swimming in any body of water for 30 days.
7. An *oral antibiotic* will be prescribed for use for one week after the procedure.
8. Most patients may return to *work* 2 to 4 days after the procedure. You may return to gentle *exercise* after one week with walking and more strenuous exercise after two weeks. If you feel any pain while exercising, it is important to stop and wait a longer period prior to beginning your exercise routine.
9. The discomfort after the procedure is the most significant for the first one or two days. You may be given a prescription for *pain medication*. It is important to take the pain medicine with some food or liquid and not on an empty stomach to prevent nausea. Do not take Aspirin, Advil, Alleve, Ibuprofen, or Motrin for the first five days after your procedure to minimize bruising.
10. If you had *fat transfer* to the cellulite treatment area, try not to sit with the thigh and/or buttock area being compressed. Standing and lying down are preferred for the first two weeks post-treatment.

Please call our office directly with any questions or concerns.

You should have a scheduled appointment one week after the procedure for follow-up.