



# ORANGE OFFICE BASED SURGERY, PLLC

Ran Y. Rubinstein, MD

## POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

### Post-Operative Instructions for **Cellulaze**

#### IN CASE OF AN EMERGENCY

- During business hours: call the office @ **845-562-6673**
  - After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
  - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
  1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
  2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
  3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
  4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
  5. If antibiotics were prescribed assure that you finish the prescription.
  6. Call for a follow-up appointment with your doctor if you have not already done so.
  7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
  8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
    - Touch surgical site or area around incision as little as possible.
    - Keep everything that comes in contact with the area as clean as possible.
    - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
    - Refer to your discharge instructions regarding how often to change the dressing.
    - Watch for signs of infection:
      - **Increased redness or swelling**
      - Increased pain
      - Purulent (thick yellowish drainage) drainage from the incision
      - Fever above 100 degrees.
      - Red streaks from incision
      - **For any of the above symptoms, contact our office right away.**

You can expect:

- Keep your garment and or binder on for the first 24 to 48 hours and do not remove.
- Your first post operative visit will be one week post surgery.
- The greatest discomfort is usually the first 24 to 48 hours. Thereafter, you will find that you require less pain medication. Most patients will stop taking the prescribed narcotics and switch to Tylenol.
- You may notice blood tinged drainage coming through your garment- this is normal. You may also notice a gush of clear fluid coming out from your garment in the first 24 to 48 hours. Do not be alarmed. This is normal. The fluid is the anesthesia fluid (tumescent) solution that was injected during your procedure. Replace the absorbent pads (you can use "ABD pads" or maxi pads) as needed until the drainage has subsided.



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- You may drive once off the pain pills and when you experience no pain with this activity.
- No bathtub, sauna, or Jacuzzi for at least 6 weeks after your surgery.
- You can take a shower 48 hours after your procedure. The garment can be washed and dried.
- In order to take a shower you will need to remove your garment and or binder. Please follow these simple instructions.
  1. Sit up on the edge of your bed and slowly remove your garment.
  2. Give yourself at least 5 minutes after removing your garment before standing.
  3. Shower with lukewarm water and wash the incision sites gently with regular soap and water.
  4. Try to massage the surgical area to push any excess fluid out.
  5. After showering you may put the garment back on. Continue to wear for the next three weeks all day and night- as much as possible. Thereafter, wear spunks for the next 3 weeks as much as possible. This will help the swelling to come down quicker as well as improve the appearance of your results.
- Refrain from any exercise for two weeks following surgery. You may do light walking as soon as the next day. No heavy lifting or vigorous aerobic training two weeks.
- No smoking for two weeks prior and two weeks after your procedure. Nicotine reduces blood flow to the skin and cause significant complications during healing.
- Gently begin to massage the areas Cellulazed, after 1 week from your procedure, over the next several weeks to help reduce scar tissue.
- You will notice that after the first 2 weeks that the area treated becomes hard- this is the collagen and skin tightening effect of the laser taking place. This will subside over the course of a few weeks and is normal.
- Don't expect to be ready to show off your new legs for at least 3 weeks. With Cellulaze, it is normal to have some bruising and swelling that persists for up to 3 weeks. Remember, the final phase of healing, where the skin thickens up due to laser induced collagen stimulation can take up to 6, sometimes 12 months to be completed. Each day, you will see a continued improvement.
- Call the office if:
  1. Severe pain not responding to pain medication
  2. Swelling that is greater on one side than the other
  3. the bandages seem too tight
  4. Incisions that are red or feverish
  5. you have a fever
  6. any other questions or problems arise

**I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.**

Patient Signature	Date	Coordinator Signature	Date
Ran Y. Rubinstein, MD	Date	Nurse Signature	Date

Revised 6-9-09