



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
MB.ChB. (Stell) FC Plast Surg (SA) | Practice no: 0230197

SLIMLIPO

PRE & POST-OPERATIVE INSTRUCTIONS

Beauty, vitality, form, function and balance in all things.

PRE-OPERATIVE INSTRUCTIONS

- Do not take any medication containing Aspirin or Ibuprofen (anti-inflammatory) for two weeks prior to your procedure.
- Refrain from using your homeopathic or multivitamins for two weeks prior to your procedure.

POST-OPERATIVE INSTRUCTIONS

- Decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet.
- Be sure to increase your fluid intake. Movicol may also be used as a stool softener.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Compression garments/head band - strongly advised.

ACTIVITIES

- Start walking as soon as possible – this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Avoid strenuous exercise and activities for 2 to 4 weeks.
- Social and employment activities can be resumed in 7 to 14 days.

FOLLOW-UP CARE

- Sutures will be removed at your follow up appointment.

INCISION CARE

- Avoid exposing your scars to the sun for at least 12 months.
- Always use sunblock – regardless of the weather – if you plan to go outdoors or not.
- Apply Micropore to the incision lines for 3 months - change every 7 to 10 days. Do not remove the tape every day as it will cause irritation of the surrounding skin.
- Keep incisions clean and inspect through Micropore daily for signs of infection or “oozing”.
- DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.
- Incision areas may be massaged through the Micropore for the first 3 months.
- ScarScience/Scar Repair, available from MASC Laser Clinic, should be applied from 6 weeks post-operatively, over the Micropore, and then for another 6 weeks directly on the incision. Continue for another 3 months post-operatively.

WHAT TO EXPECT

- Discomfort will be maximal in the first 3 days, improving each day thereafter.
- It may take 3 to 6 months to see the final results after your procedure.
- You may experience temporary bruising, swelling or oedema which may take up to 3 weeks to subside.

WHEN TO CALL

- If you have increased swelling or bruising.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache and vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice an odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za