

Congratulations!

You have made a great decision on choosing Exert BodySculpt for your procedure! Our team has put together this useful guide to help patients before their procedure and during their recovery process. This packet includes a list of general expectations, pre and post operative care instructions, and commonly asked questions and answers where most of your questions should be answered. Following these instructions carefully should help you get the best results from your procedure.

PRE-PROCEDURE INSTRUCTIONS

Please read your entire pre-op packet twice. Plan ahead to ensure a more relaxed recovery; stock the house with comfort foods and arrange a comfortable place to sleep.

Set up a support system, someone reliable to drive you to postoperative appointments and help with postoperative care.

Traveling - use this link to book a hotel at our exclusive Exert BodySculpt Rate: [DoubleTree by Hilton Fort Myers at Bell Tower Shops](#) (Corporate Code: 3396546 (edit stay, corporate rate))

Stop blood thinners (aspirin, Advil, Aleve, Motrin, ibuprofen, Plavix, etc.) one week prior to your surgery, unless otherwise instructed by your physician.

Procedure Specific Medications

Prescriptions for pre-procedure medications will be sent to your pharmacy. This will include antibiotics for 7 days, anti-anxiety, anti-nausea, and pain medications. Please take these medications as directed.

- **Antibiotic** – cephalexin or doxycycline. Begin taking 1 day before your procedure. Continue taking on the day of the procedure.
- **Anti-anxiety** – For awake procedures only. Ativan or lorazepam. Take 1 hour before the procedure.
- **Anti-nausea** – Zofran or ondansetron. Take 1 hour before the procedure.
- **Pain** – Take according to the package for as long as you have pain.
 - o For burning sensation, take gabapentin.
 - o For mild to moderate pain, take ibuprofen 800mg.
 - o For severe pain, take Journavx or oxycodone/acetaminophen 5/325mg.
- You may take 1 gabapentin the night before your procedure to help you sleep. If you are unable to take any of these medications, please contact our office so we can prescribe other medications.

What medicines can I take before my procedure?

Stop taking any weight loss medications including Phentermine, Semaglutide, or Tirzepatide 1-2 weeks prior to your surgery. This will help speed up your recovery by maintaining good nutrition. Stop taking all non-prescription or over the counter medicines two weeks before your procedure. In other words, stop all drugs, medicines, preparations, herbs, homeopathic treatments, and extra vitamins that are not prescribed by a medical doctor. This includes all aspirin or ibuprofen containing products, all homeopathic drugs, all natural drugs, or all herbal drugs, all extra vitamins, all illicit or illegal drugs (cocaine, crack, narcotics, heroin, LSD, PCP, speed, or amphetamines). **Do take your antibiotics, anti-anxiety (for awake procedures), and nausea medicine on the morning of your procedure.**

What do I do the morning of my procedure?

You should take your antibiotics (Cephalexin or Doxycycline), anti-anxiety medication (Ativan or lorazepam for awake procedures) and anti-nausea medication (Zofran or ondansetron) 1 hour before your procedure. Take another shower the morning of your procedure washing your hair, face, and body with soap. Do not put

anything on your skin after your shower including body moisturizer, deodorants, antiperspirants, or makeup. These can interfere with surgical markings, skin cleansing, and anesthesia monitoring. If you are a diabetic or take prescription medications, ask us about taking your medications the morning of your procedure. Do NOT take phentermine the day of your procedure.

What should I wear to my procedure?

Do not wear any jewelry or piercings the day of your procedure. Wear loose fitting clothing. Wear a dark colored blouse or shirt. Wear dark colored loose shorts or sweatpants.

Should I stop smoking?

Do not smoke or use tobacco or nicotine products (snuff, chewing tobacco, Nicorette gum, nicotine inhaler, or nicotine skin patches (Nicoderm)) for 4 weeks before and 4 weeks after the procedure. Smoking increases the risk of coughing after your procedure that leads to unwanted bleeding. For general health reasons, I recommend all my patients stop smoking.

Can I drink alcohol before my procedure?

Do not have any alcoholic drinks (including beer and wine) for one week before your procedure and the first 6 weeks after your procedure date. Also, do not have any alcoholic beverages if you are taking prescription medications. Alcohol may result in excessive bleeding.

When do I stop eating before my procedure?

If you have a procedure scheduled for the morning at 730AM please do not eat beforehand. You can drink water and take your medications. If your procedure is scheduled after 12PM, you can have breakfast. Please do not eat lunch.

What do I do the day before my procedure?

Begin taking your antibiotics 1 day before your procedure. Before you go to bed, take a shower with soap. Wash thoroughly including your hair, face, and body. Make sure you remove all makeup. Do not put anything on your skin after your shower.

How do I prepare for the night after my procedure?

Every patient is apprehensive about the night after their procedure. Proper preparation will make this first night easier for you. First, read this packet twice. If you have any questions, make sure they are answered before your procedure. Make sure to have purchased the recommended items such as absorbent pads and maxi pads. Schedule your lymphatic massage for the day after your procedure. Visit exertbodysculpt.com/amazon for a list of recommended items.

POST-PROCEDURE INSTRUCTIONS

Tips to Avoid Fainting

- Remove compression garments slowly and with assistance if possible.
- Stand up slowly after urinating.
- If you feel dizzy or lightheaded, immediately sit or lie down.
- Be especially careful the morning after your procedure after using the bathroom.

Help at Home

It is very important to have a strong support system during the post op period. You must have someone available to drive you home after the procedure. This can be a friend, family member, or paid caregiver. It is normal for a patient to become light-headed when rising from a sitting or lying position or when removing garments and dressings, this is why it is important to have someone with you to help.

Drainage

For the first 24 to 72 hours after surgery, you should expect a large volume of blood-tinged anesthetic solution to drain from the incision sites. The amount of drainage will vary, but generally the more drainage there is the less bruising and swelling there will be. A few of the incision sites may drain for up to one week. Even though the fluid is red, it is only about 1% blood with the remainder being local anesthetic and tissue fluid.

Maxi-pads are recommended for bandages over your incision sites. Bandages must be changed daily to prevent infection.

Incisions

Once the incision sites stop draining, they will need to be cleaned with soap and water. If there is excessive friction and rubbing on your incision sites, you will want to cover the incisions with a Band-Aid. If you had several areas of surgery, you will have several incision sites. These will naturally close on their own. You may have stitches on some incision sites. These stitches will dissolve on their own. They can be cut at your post-op appointment if they have not dissolved.

Do NOT apply heat or ice to the surgical areas.

Compression Garments

After your procedure, you will be given a compression garment to wear. This garment may be an abdominal binder or a compression garment.

All Areas:

- You may shower 24 hours after your procedure.
- Keep drain sites clean with soap and water.

Abdomen, back, flanks, and thighs:

- Compression garments must be worn 24/7 for 6 weeks after your surgery.
- You may remove your garment daily to launder them, change your bandages, and shower.
- After at least 3 weeks, you may switch to a lighter compression garment, such as Spanx, if you would like.

Calves:

- Compression garments must be worn 24/7 for 12 weeks after your surgery.
- You may remove your garment daily to launder, change your bandages, and shower.

Chin:

- Compression garments must be worn 24/7 for 3-5 days after your surgery.
- If you had a lot of loose skin, you may have kinesiology tape in place to help your result. Please keep your tape on for 3-7 days. The longer you are able to wear it, the better.
- You may remove your garment daily to launder, change your bandages, and shower.
- After the initial 3-5 days, you will wear your compression garment for 12 hours a day for 14 days.

Arms:

- Compression garments must be worn 24/7 for 3 weeks after your surgery. Bandages from elbow to hands must be worn 24/7 for 1-3 days after your surgery.
- You may remove your garment daily to launder, change your bandages, and shower.
- During weeks 4-6 following your surgery, you will wear your arm compression garments for 12 hours a day.

Breast Fat Transfer:

- Supportive bra with underwire must be worn 24/7 for 6 weeks after your procedure.
- Avoid any trauma to your breasts or compression.
- Remove surgical tape 24-48 hours after your procedure.

Buttocks Fat Transfer:

- No compression on the buttocks.
- Avoid pressure on your buttocks for 6 weeks after your procedure. Use a BBL pillow when sitting.
- Do not wear tight clothing around your buttocks. If you find you are still uncomfortable sitting with the booty pillow we have provided, here are some other pillows that some of our patients have purchased www.bootybeanbag.com and www.happybootypillow.com
- Lymphatic massages are highly recommended for optimal results, we recommend at least a series of 10 massages.

Lymphatic Massage

Therapeutic lymphatic massage is helpful in speeding up the healing process and highly recommended for optimal results. You may begin massages 1-3 days after surgery and may be done as often as every day. Please review our list of recommended massage therapists in this packet. We recommend a minimum of 10 massages.

Activity

You should rest for the first twelve hours after surgery and take it easy for the first week. Following this time, you may begin to resume normal activities, as tolerated. If you experience more than mild swelling or discomfort you may be overdoing it. No beach, pools, or hot tubs until incision sites are healed.

Sun Exposure

Avoid sunbathing until scars are fully healed.

Diet, Nausea and Vomiting

Diet and meals are not restricted. Please make sure to drink plenty of clear fluids, we recommend 8 glasses of water a day. Do not drink any alcohol for the 48 hours after surgery, and limit alcohol intake for the first 6 weeks after your surgery.

Discomfort

Postoperative discomfort usually takes the form of deep muscle soreness and usually improves during the week following surgery. It is normal to have a lot of pulling or pinching sensations for weeks and sometimes months following surgery. Numbness, itching, and tingling are also normal.

Common Side Effects

Menstrual irregularities with premature or delayed onset of monthly menstruation are a common side effect of any procedure. Flushing of the face, neck and upper chest may occur after liposuction, and may last for a day or two. Slight temperature elevation during the 48 hours following surgery is a natural consequence of the body's reaction to surgical trauma. Bruising is minimal with liposuction, however with more extensive liposuction surgery there will be more bruising. After lower abdominal liposuction, you may experience significant swelling in the pubic area. Over time, the surgical area may turn very hard and feel numb, this scar tissue is a part of the healing process, please be patient.

Call or text us at (239) 232-7771 if:

- Temperature greater than 101.5 F
- Redness around incision
- Increasing pain that is intolerable

- Pus coming from incision
- Severe or sudden swelling
- Swelling in one or both legs
- Shortness of breath
- Heavy bleeding

Recommended Lymphatic Massages

Lymphatic massage should be started 1-3 days after your procedure. 10 massages are recommended. Some discomfort during a massage is normal and means your massage therapist is getting the swelling down and removing fluid.

Dena Blauvelt
708-829-6788

Tiffany Johnson
239-878-2379

Yuraima Godoy
239-747-4261

Janet Llerena
239-297-1885

Sandra Diaz
239-810-7647

Marisol Orrego
239-245-0791

Frederica Lovelace
917-582-8619

Frequently Asked Questions

When do I pay for my procedure?

All procedure fees must be paid in full 2 weeks before procedure date. All procedures that are rescheduled with less than 4-week notice are subject to a 20% rescheduling fee. All procedures that are canceled with less than 2-week notice will forfeit 50% of procedure fee. All procedures that are rescheduled with less than 72 hours' notice will forfeit 50% of procedure fee.

What happens if my procedure is canceled?

Although rare, your procedure may be postponed or canceled. This is usually for health reasons and your personal safety. We will not take any undue risks with your health. It is your responsibility to maintain good health prior to your procedure. You must take your prescription medications as prescribed, stop all non-prescription medications, stop smoking, stop alcohol consumption, and stop all illicit or illegal drug use.

Can I have varicose vein treatments before my procedure?

Do not have any lower leg or thigh vein treatments (injection sclerotherapy, vein injections, laser photocoagulation, vein procedure, or vein stripping) within six weeks of your procedure. These treatments can lead to blood clots in the legs. These are life threatening.

When can I start losing weight?

Your body will need time to recover from your procedure. Please do not attempt to lose weight until 3 weeks after your procedure. You can schedule your complimentary weight loss visit 3-4 weeks after your procedure.

What should I eat after my procedure?

You should eat a high protein diet after your surgery to have the smoothest recovery. Aim for gram of protein per pound of body weight per day. Maintain this diet for at least 3 weeks after your procedure. You should also eat foods that are high in Vitamins A, C, and Zinc such as vegetables.

What should I do if I am pregnant?

You must not be pregnant at the time of your procedure.

What should I do if I become ill before my procedure?

If you develop an illness such as a cold, the flu, sore throat, infection, diarrhea, vomiting, nausea, fever and/or chills, please call the office as soon as possible. We will determine at that time if we need to delay your procedure based on your symptoms.

What should I do if I have questions before my procedure?

Remember we are here for you. We want this procedure to be as safe and pleasant as possible. Call us anytime you have questions or concerns **(239) 232-7771** or email tmartin@exertbodysculpt.com.

What if I am not happy with my results?

Step 1: Breathe.

Most patients think surgery is a “quick fix” and you leave the operating table a new person. You may look worse immediately after surgery! Your body takes time to heal. Swelling takes time to subside. Scars take time to fade. Take a deep breath and try to relax. You can’t make any firm judgments about your surgery until you have waited at least 6 months.

Step 2: Remember.

It is easy to look at Instagram photos of models or wish pictures and quickly become unsatisfied with your results. Your friends and family may tell you that you don’t look that different after surgery. You must take a step back and remember what YOU looked like before surgery. Look at your own photos from before your surgery. Cosmetic surgery can make dramatic improvements to your body, but unfortunately it is not magic. Your anatomy, body shape, skin tone, starting weight, genetics and the way your body heals are all limiting factors when it comes to surgery. We will make you the best YOU that is possible with surgery– and remember that is the only BEST that matters.

Step 3: Listen.

You know when you were growing up and you didn’t want to listen to your parents, and they would annoy you and say “We know better because we have more experience.” Super frustrating because they turned out to be right. Well, say hello to your surgery parents: Our doctors and staff. Listen to us and follow our advice and instructions. We have guided hundreds of patients through surgery– so stop looking to the internet, Realself, social media, your family and friends for answers and advice regarding your surgery. Listen to your surgery parents – “We know better because we have more experience.”

Step 4: Help Yourself.

Cosmetic surgery is actually a team sport. We get your body to the best place it can be surgically but it is up to YOU to maintain the results. You made a decision to change your life when you scheduled your surgery, but that commitment to change does not end on the surgery table; it is a choice you must make every day.

Healthy Diet and Exercise. Weight gain is the #1 way you can reverse the results of your surgery. Surgery is not a magic cure that prevents your body from ever gaining weight again. If you do not change your lifestyle habits, you will have gone through the pain of surgery and recovery for nothing.

Follow your post operative care instructions. Again, this is where you must LISTEN. Follow the instructions you are given –don't tan when you have scars, don't go swimming until your wounds are closed, take your medications, don't lift heavy things because you are ready, send us progress pictures—just to name a few. By not following doctor's orders you can cause unnecessary complications and compromise your results.

Step 5: Accept.

There are certain realities in life you must accept. Your body will never be perfectly symmetrical. Your scars will never completely fade or be ruler straight. Your scars may peek through your bikini. Your breasts will never be the same size. Your cellulite will not be cured. You will never be perfect. Once you accept this, you will be able to appreciate and be grateful for how much better you look and actually enjoy your results. Be proud of how far you have come!

I followed the steps and I'm still not happy...

1. Am I eligible for a refinement procedure?

We are happy to refine your surgery results with an additional procedure if we feel it can improve your results. Please initial each statement indicating that it is true. All of the following statements must be true in order for you to be eligible for a refinement procedure:

- A. _____ It has been six months but less than 18 months since my surgery date.
- B. _____ My current weight is _____ which is within 10 pounds of my weight pre-surgery.
- C. _____ I have not been pregnant or given birth since my surgery.
- D. _____ I have not smoked since my surgery.
- E. _____ I eat a healthy diet and exercise regularly.
- F. _____ I have attended all of my post-op appointments and sent photos to the Exert BodySculpt team at the requested times (2 weeks, 3 months, 6 months, and 1 year post surgery).

What is the process to schedule my refinement procedure?

- A. Schedule a refinement consultation at our office. This visit must be at our office and cannot be done virtually.
- B. During your consultation, our medical team will determine if a refinement procedure is appropriate.
- C. If it is, we will create an individualized surgical plan to address your concerns.
- D. Follow the instructions on your surgical plan on how to schedule your refinement procedure. Contact us at (239) 799-2129.

I am dissatisfied because...	This is how we can help...	Cost
My breasts are too small	Repeat breast fat transfer procedure or add implants.	Starting at \$6750
My breasts are too big	Liposuction to the breasts.	\$2000
My butt is too big	Liposuction to the buttocks.	\$2000
My butt is too small	Repeat butt fat transfer procedure or add implants.	Starting at \$6750
My hips are too big	Liposuction to the hips.	\$2000
My hips are too small	Repeat hip fat transfer procedure or add implants.	Starting at \$6750
I have hard lumps in areas	Fibrosis treatment sessions.	\$200 per session
I still have a large amount of fat	Repeat liposuction to remove additional fat.	Starting at \$5250
My skin is loose	Referral for skin removal procedure.	Varies