

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.

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

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.
 - For burning sensation from Renuvion, take gabapentin.
 - For mild to moderate pain, take ibuprofen 800mg.
 - For severe pain, take 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.

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 for the liposuction area. Visit exertbodysculpt.com/amazon for a list of recommended items.

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. You can also email tmartin@exertbodysculpt.com.

Drainage

For the first 24 to 72 hours after surgery, you should expect a blood-tinged anesthetic solution to drain from the incision sites where you had liposuction.

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, your penis will be wrapped in tape. Leave this on for 24-48 hours.

All Areas:

- You may shower 24 hours after your procedure.
- Keep drain sites clean with soap and water.
- It is normal for the penis to appear uneven or asymmetrical in the first few weeks. Final shape stabilizes by 4-6 weeks.
- You may feel firmness or irregular texture as the transferred fat integrates. This is part of the healing process.
- Minor leakage of fatty fluid from injection sites is possible in the first 24-48 hours.
- No sex or masturbation for 2-3 weeks.
- Avoid tight clothing (briefs, jeans, compression shorts). Stick to loose boxers or breathable shorts.
- No hot tubs, pools, or baths until incisions are fully closed.

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.

Call or text us 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