

LIPOSCULPTURE WITH RENUVION

Before the Intervention:

- If you are having a full anaesthetic, do not eat, drink or smoke after midnight
- Taking aspirin (or any other medicinal product containing acetylsalicylic acid) is also forbidden for ten days before the intervention;
- You are advised to take "Nutrironium" food supplements during the month before the intervention.
- On the day of the operation, you are advised **not to wear any make-up, nor any nail varnish, contact lenses, jewellery or piercings.**
- On the day of the operation, you are advised to wear loose-fitting and comfortable clothes.
- In the morning before the intervention, the body must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- Rest for the first 12-24 hours. Mild daily activity for 2-3 days, then resume your normal activities as tolerated.
- You may experience mild to moderate swelling, bruising and soreness for 1-2 weeks following your procedure.
- You may feel excess gas in your tissues (subcutaneous air), this is normal and will subside in 2-3 days, if you have any concerns contact the clinic.
- Do not apply ice or heat to the surgical area(s).
- For neck procedures, sleep with head or bed elevated 30 degrees and keep neck extended with neck or towel roll.
- Drainage from your incision sites may occur following your procedure. It is recommended to change your dressings every 4-6 hours for as long as you are having drainage. Wash incision sites with warm soap and water. Drainage should subside in 24-72 hours.
- If a compression garment was used, you should wear as instructed by your physician. If the garment is not fitting properly, contact the clinic.
- Diet as tolerated. Drink plenty of fluids to stay hydrated.
- Only engage in massage if instructed to do so by your physician.
- Avoid direct exposure to sunlight until surgical area is completely healed. Apply sunscreen as directed.
- Call the clinic if you notice any signs or symptoms of distress or infection, such as; shortness of breath, redness, unusual bleeding, increased pain, marked increased in swelling, skin that is warm/hot to the touch or a fever of above 38 degrees.
- Follow any medication instructions given to you by your physician.
- After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.



We'd like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email webinfo@beclinic.com or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000

I have read the post-procedure instructions and fully understand what is contained therein.

Signature of patient

Date