Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

BodyTite and FaceTite POST CARE INSTRUCTIONS

1. Treatment areas may have Dressings and/or a pressure garment to be removed in 24-48 hours. A liposuction garment is recommended after liposuction to be worn **22 hours a day for the first two weeks**. For the following two weeks (weeks 3 and 4 post-procedure), please wear the garment during the day for at least 12 hours and if tolerable, in the evening. Garments can be used for up to 6 weeks.

2. You can expect leakage from your incisions for approximately 24 hours post-procedure. This is normal. Please protect your mattress and chairs with a plastic sheet or towels and the absorbent pads we will provide.

3. Incision care: Let mild, warm but **NOT HOT,** soapy water wash over the incision sites (do not scrub) then apply Bacitracin Ointment to the incision points twice daily for one week while the skin is healing after initially removing the pressure garment. Tiny scabs may appear during the healing process. Please do not pick at the scabs. During your follow up appointments, the doctor will recommend the use of Stratamed followed by Strataderm when all wounds are healed for scar management. Use only as instructed.

4. Facetite: Cleanse the treated areas gently with a gentle cleanser and water after 48 hours. Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate the area.

4. Although these effects are rare and temporary, redness and swelling may last up to 3 weeks and are a part of a normal reaction to the treatment. Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months.

5. Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 wks.

6. Dr. Kirwan recommends icing of the Facetite areas such as the neck, face and eyes for at least 24 hours and up to 48 hours.

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7. For facial and neck procedures: Sleep on several pillows or in a recliner to keep your head elevated for at least two to three days to help minimize swelling. Minimize talking and chewing for 48 hours. We recommend following a soft diet for the first 48 hrs.

8. Make-up may be applied as soon as 72 hours after the procedure to cover any redness or bruising. Avoid the incision points that may still be healing.

9. If treatment was done on the face or neck, facial shaving should only be done with an electric razor for the first week.

10. Burns and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve.

11. Only take prescribed pain medication or Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. Other pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinner. Take all antibiotics unless instructed otherwise.

12. Do NOT drink alcohol for several days as instructed by the doctor after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting and/or bruising.

13. Avoid smoking for two weeks before and after surgery. We recommend Nicorette gum as an alternative.

14. Remember, although the skin has initially healed, it can take up to six weeks before any changes in skin tightening can be perceived AND twelve months before final results in skin tightening can be appreciated.

15. If you have any questions or experience fever, chills, drainage, discharge, or extreme discomfort, please call 203-838-8844. If you are calling after hours, the answering service will page the doctor for you. Dr Kirwan's mobile number is 917-991-7610. You can also email Dr Kirwan at drkirwan@drkirwan.com.