

FACE of Beverly Hills
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What to expect after your Vaser procedure...

You will be sore and have a blood tinged drainage that can be heavy for 2-3 days. Sleep with a shower curtain protecting your mattress. Everybody has a different tolerance of pain and discomfort. You may notice occasional sharp, shooting pains the first week or two. These are completely normal.

You have had general anesthesia and will experience some drowsiness and weakness for several days.

You will be wearing a tight garment that is somewhat uncomfortable. If it is comfortable then it is not compressing the surgical site enough. This Garment helps decrease swelling and prevent formation of seromas (fluid pockets) and improve your results. It is very important that you wear this garment as instructed. You may remove it to shower or for massages. We ask you limit your time out of the garment to 1 hour. You will need to wear the garment for 4 weeks.

You will also be wearing compression socks to decrease the risk of developing a blood clot in your leg post-operatively. We ask you wear these for 4 weeks just like your compression garment.

You may shower and remove bandages after 24 hours after your procedure. Make sure you have someone near in case you become light headed.

Bruising, irregularity, and lumpiness is normal after the procedure. These resolve over several weeks.

It is important for you to cough and take deep full breaths frequently for the first several days after surgery. This will help keep the lungs inflated and keep fluid from developing in the lungs secondary to anesthesia.

You may use ice packs except in areas you may have had fat transfer. 15 min every hour is ideal.

When cleaning incision sites and changing bandages please wash your hands prior to prevent infection.

You need to stay hydrated and eat well. Proper nutrition is very important for healing. If you have had fat-transfer you will eat a higher carbohydrate diet for 2 weeks. Foods higher in iron, such as spinach and Kale, are also suggested.

You will begin taking walks the first day after surgery. We ask you walk a mile a day. (you can divide this into several walks per day)

After two weeks you may begin light exercise. (stretching and non-resistance) You may resume slowly your full workout routine 1 month post surgery.

It is not uncommon to be lightheaded after surgery. When changing positions such as from lying to sitting or standing. During the first week after surgery be slow and deliberate when changing positions to upright. Report immediately to Vitality Surgery Center any fainting episodes. Staying hydrated will help decrease these symptoms.

During the first week it is natural for your garment to leave indentations and impressions at areas around seams and the zipper enclosure. These areas are temporary and will resolve as swelling decreases.

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DO NOT weigh yourself the first 2-3 weeks post-operatively. Fluid used during the surgery and swelling will frequently make you weigh more during this recovery time. This too is temporary.

You will not see full results for 6 months to a year. You will be swollen for weeks, so do not be surprised if your pre-surgical clothing feels a little snug.

Supplies you will need post-operatively:

Shower curtain for bed (a painting drop cloth is a good alternative)

Prescriptions

Maxi-pads cut into 1/3s works well the first 2-3 days for the drainage. Secure these with tape, coban, or the garment.

Pineapple juice, pineapple, or bromelain tablets and arnica for bruising

You can resume your normal supplements 2 days post op

Cool packs

Loose fitting clothing

You cannot drive as long as you are taking pain medication

You must have someone with you the first 24 hours after surgery.

Pain medicine can cause some constipation. Increased dietary fiber and stool softener of choice (Colace is an example.) Begin these nightly 2-3 days prior to surgery and continue while take pain medications.

What to expect....

- **It is not uncommon to be lightheaded after surgery when changing positions such as from lying or standing. During the first week after surgery be slow and deliberate when changing positions to upright. Report immediately to F.A.C.E. of Beverly Hills any fainting episodes.**
- **During the first week it is natural for your garment to create impressions at areas such as around the zipper closure sites. These are temporary and will resolve as swelling decreases.**
- **Do not weigh yourself during the first 2 weeks post surgery. Fluids used during surgery and swelling will frequently make you weigh more during this time then before surgery. This too is temporary.**