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LIVEFILL® AFTER-CARE INSTRUCTIONS

INTRO:

Congratulations on your decision to get LIVEFILL®. These after-care instructions, along with our office staff, will help guide you through your recovery process. It is crucial that you and your caretakers **read through these instructions both BEFORE AND AFTER SURGERY.**

Aftercare:

- Following surgery, have an adult caretaker stay with you for the first 24-48 hours. You will be drowsy from the anesthesia and will not be able to drive for at least 24 hours or until off all pain medications.

WALKING:

- It is imperative to get out of bed early, and often (with assistance) following surgery to prevent postoperative problems such as blood clots. This will help reduce the risk of blood clots developing by encouraging blood flow throughout your legs.
- If you are sitting or lying down, move your ankles up and down and in a circular motion a couple times each hour to help increase blood flow.
- If you have shortness of breath, leg swelling, and/or leg pain at any point in your postoperative healing, go to an emergency department immediately (or call 911). This could possibly be a blood clot.

POST-OPERATIVE CARE:

- The use of cold compresses or ice masked applied to the facial areas will help reduce swelling to a degree and should be done as much as possible for the first 24-48 hours.
- Wash face gently with a mild soap and water. AVOID scrubbing the entire facial area or area where LIVEFILL® was placed.
- Avoid lying on your abdomen for 2 weeks. Optimal sleep position is on your back elevated with two pillows. Keep a pillow under each arm, and a pillow under your knees if needed to avoid lying on side.
- It is expected that you will remain somewhat quiet and sedentary for the first few days after surgery. This is to reduce the swelling and chances of bleeding in the area around the LIVEFILL®.
- Showering is usually permitted after 72 hours. Do not attempt to peel off the steri-strips. The nurse will change them.
- We carry Arnica Forte in the office for your convenience and can be used to minimize post procedural swelling and bruising. Arnica gel can also be used at this time and applied to all bruised areas after every shower.
- **DO NOT** brush teeth vigorously for 1 week after surgery- use a child's toothbrush gently.
- **AVOID** excessive talking and smiling for 3 days after surgery.
- After 10 days, make-up may be applied unless advised otherwise by doctor.
- AS WITH ANY FACIAL SURGERY, AVOID BENDING FORWARD, AS THIS CREATES STRAIN ON ALL INCISIONS THAT ARE HEALING.

PAIN AND PAIN MEDICATION:

- Take pain medication with food.
- All Medications should be taken as directed by Dr. Brent or RN
- If your pain is mild, you may opt to take Tylenol Extra Strength
- Take a stool softener, such as Colace, while taking pain medication to help prevent constipation.
- DO NOT DRIVE WHILE TAKING PAIN MEDICATION.
- DO NOT DRINK ALCOHOL WHILE TAKING PAIN MEDICATIONS.
- Take pain medication only if needed. The quicker you can wean off the pain medications, the better you will feel and heal.

DO NOT SMOKE:

- This is very important because smoking (tobacco, marijuana, or vapes) can result in a lack of blood supply to the tissues and fat, causing the tissue to die or delayed healing.
- Smoking can resume 4 weeks after surgery as long as there are no other complications present.

SUPPLEMENTS:

- Do not take and NSAIDS (Motrin, Advil, Aspirin, and Ibuprofen) for 10 days before and after surgery
- Do not take herbal supplements (vitamin E, fish oil, hormone replacements) for 10 days before and after surgery.
- Phentermine or appetite suppressants should not be taken until 2 weeks before surgery and may resume 6 weeks after surgery, since they increase heart rate and blood pressure which could interfere with your recovery.

DIET:

- A light diet is best after surgery. Start with liquids and progress to soft foods like soups and Jell-O.
- Stay on a soft diet with high protein for 2-3 days following surgery. Avoid spicy foods, sugar-free sweeteners, and carbonated drinks to reduce gas, bloating and nausea.
- Remaining hydrated (64 oz of water per day) and regular walks will also help to prevent these occurrences

ACTIVITIES:

- Refrain from raising blood pressure for three weeks before and after surgery to prevent excessive bleeding.
 - No hot baths and spas for the first three weeks.
 - You may begin swimming and exercising after 4 weeks if healing is complete.
 - Follow the “2, 4, 6” Rule. 2 weeks light walks, 4 weeks cardio exercise, 6 weeks return to full workout, Upon Dr. Brent’s Clearance.

SUTURES:

- You will have a dressing to the lower abdomen and sutures at the insertion sites.
- The sutures will dissolve over the next 7 days, and it is important not to tug on them.
- If they become uncomfortable after the 7 days, you may come in to have them removed.
- You can begin using silicone scar patches on incision sites at 4 weeks.

EXPECTATIONS:

- Swelling and bruising are a normal part of the healing process. It should subside over time.
- The swelling should begin to subside within three to five days along with the discomfort. It is not uncommon to
- Experience some *temporary* numbness in the lip or weakness in the smile. This is due to the body's inflammatory response to any surgical operation and usually within one to three weeks both functions are returned to normal.
- It is expected that you will be presentable in approximately one week.
- During the first month after surgery, it is normal to experience a period of unevenness or firmness to areas. The firmness will soften over time as a developing blood supply begins to form around the LIVEFILL areas.
- Light massage may help.

FOLLOW-UP APPOINTMENTS:

- Every patient heals at different rates, but you will be seen several times for post-op appointments. Typically, they are scheduled for day one, two week, 3-4 weeks, 6 weeks, 3 months, and 6 months after surgery.
- The purpose of these appointments is to check your healing progress.
- Please call to schedule your appointments. The Beverly Hills office phone number is (310) 273-1001 and the Santa Barbara office phone number is (805) 898-9299.

QUESTIONS & CONCERNS:

- If you have questions or concerns regarding your procedure, please email assistant@drbrent.com or email Dr. Brent Moelleken at drbrent@drbrent.com
- Please call the office at (310) 273-1001 if you have increased pain at surgical incision sites, redness, sudden swelling, warmth, pus, drainage, or a fever greater than 101.5°F.
- Please visit an emergency room or call 911 if you have shortness of breath or leg swelling with pain to rule out a pulmonary embolism or blood clot which could be deadly if left untreated.

HELPFUL ITEMS TO PURCHASE BEFORE SURGERY:

- ___ Stool Softener (i.e., Colace)
- ___ Arnica Forte and Arnica gel
- ___ Thermometer (monitor your temperature after surgery and make sure it stays below 101.5°F)

ADDITIONAL POST-OP NOTES:
