

J Plasma Skin Tightening

Pre & Post Instructions

Pre-Instructions:

- *Please read and follow all pre-instructions for Vaser Liposuction
- *You need to arrange for a driver home. This cannot be a taxi/Uber, etc. It must be somebody you know.
- *We advise that you bring headphones with music in order to occupy your mind during the surgery.
- *Eat a normal breakfast the morning of the surgery.
- *Wear comfortable clothes.
- *Get all prescriptions filled. Start taking the antibiotic the day before your surgery (it will say that on the bottle). Bring all prescriptions with you to your appointment, but DO NOT take additional medications until directed to by the Genesis staff.

Post-Instructions:

- *Please read and follow all post-instructions for Vaser Liposuction.
- *If J-Plasma was done on your body, it is critical that you wear your compression garment at all times except when you shower for two weeks and then for at least 12 hours per day for another two weeks. If J-Plasma was done on your face or neck, you must wear the compression at all times except when you shower for 72 hours and then as much as possible, but at least for 12 hours per day, for three weeks.
- *You can expect leakage from the incision sites for 72-96 hours. We recommend that you sit the first few times you remove the compression garment and/or change the bandages. You may want to sit in the bathtub or have towels underneath you in case the leakage is excessive. After the first 24 hours, all bandages need to be on the outside of the compression garment.
- *If the procedure was done on your abdomen, you may want to wear adult diapers in order to help hold the bandages in place.
- *If you take pain medication afterwards, make sure to take it with food on your stomach.

If you have any questions or concerns, call our office at 719-579-6890 or Dr. _____ at
