

THERMI-RF

What to expect before, during and after your surgery

Before your surgery:

- This Surgery is done to allow Radio Frequency Energy to have a tightening effect on the skin and often done along with removal of fat in the area. Can be done on the upper neck, jawline and under the chin. Can be done on the upper arms, abdomen and any other area recommended by your Physician.
- You will require a 1-hour Phone Pre-operative Appointment to prepare you for surgery.
- This Surgery is done in our Operating Room.
- If you receive sedation, you will need to have a driver after discharge.

During your surgery:

- You may be offered a sedating medication if your Physician recommends.
- The anatomic area is completely numbed with injected lidocaine. Most patients do not need a sedating medication because the lidocaine is so effective.
- The surgery is performed through several punctures made by your Physician in the area treated.
- It is NORMAL to have bruising and swelling. It will be the most visible for the first 3-7 days and then improve.
- If the area treated was the upper neck, the jawline, or the area under the chin, it is very helpful to sleep elevated on 2-3 pillows for about 3 nights to help reduce the swelling.

After your surgery:

- A Chin Strap (for the area under the chin and the upper neck) or Ace Wrap (for other body areas) and Surgical Tape will be in place to provide compression. **DO NOT** remove the Surgical Tape. The Chin Strap can be briefly removed when eating, but you will keep it on when sleeping the first night.
- The Chin Strap or Ace Wrap will be lined with padding to absorb the small amount of blood-tinged fluid which will drain from the punctures during the first 24-48 hours.
- After the initial 24-hour period, your Physician will be the one to tell you how much long to wear the Chin Strap, Ace Wrap and Surgical Tape before you are able to remove.
- The day after your Surgery you will feel well enough to drive and to resume light activities.
- You may carefully resume more vigorous exercise and physical activities 2-4 days after surgery.
- Soreness/achiness are to be EXPECTED for the first 24-48 hours after surgery with improvement daily after that. The area will feel tender to the touch for some time.
- Bruising and swelling are NORMAL. It will be the most visible for the first 3-7 days with improvement daily after that.
- If the area treated was your upper neck, jawline or the area under your chin, it is very helpful to sleep elevated on 2-3 pillows for about 3 nights to help reduce the swelling.

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- Plan to take Tylenol 500mg one or two pills and repeat every 4-6 hours for relief of discomfort on the day of your surgery and the day after your surgery. **DO NOT** take Aspirin or Ibuprofen (Advil, Motrin, Aleve) products for the first 3 days after your surgery.
- Shower with your back to the shower head and from the shoulders down to avoid getting the tape wet. For other areas, your Physician will give further directions.
- After the tape is removed, you may shower and shampoo your hair.

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- Cleanse the puncture sites gently with soap and warm water and pat dry twice daily once your Physician gives permission.
- Apply Polysporin/Bacitracin ointment twice daily after cleansing.
- **DO NOT** soak in a bath, jetted tub or swim in pool or ocean for about 1 week.
- You may resume your normal diet immediately.
- Avoid Alcohol for 24 hours.

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____

