



AVANCE

PLASTIC SURGERY
INSTITUTE

Radiofrequency (BodyTite) Instructions

This handout provides information on how to prepare for your Radiofrequency Assisted Liposuction (BodyTite) procedure and what to expect as you are healing. Please read the handout carefully. Feel free to ask questions at any time.

Important information about preparing for your facelift operation:

1. Your prescriptions will be sent to you ahead of time. You should fill these prior to surgery and have them available for when you arrive home from the hospital.
2. Please arrange for a friend or family member to stay with you for the first 24-48 hours following your surgery.
3. In general, you will need 4-7 days off from work. More limited procedures require less time off.

On the day of your procedure:

- Do not wear makeup, contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse.
- Please keep your valuables at home. You may bring your glasses and a pair of sun glasses for the car ride home.
- Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front

After your operation:

1. After your operation, you will leave the office with a soft compression bandage around the treatment area.
2. For the first 24 hours, rest quietly. You may get up to use the bathroom or to take a light walk around the house. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.
3. Use the pain medication as prescribed when you are feeling uncomfortable.
4. On the first day after your procedure, you may gently wash the treated area in the shower with gentle soap.
5. You may shower and wash your hair 1 day after the procedure.
6. It will be 5-7 days before you can begin light exercise such as: jogging or using a stationary bike.

What to expect as you are healing:

1. You will have swelling at the treatment area that will take 2-3 days to subside.
2. As the swelling subsides, you will feel hard areas under the skin. This is to be expected and will resolve in several weeks.
3. Your incisions may be raised, red, and feel hard for several months, but most incisions are inconspicuous after 2-3 weeks.
4. Numbness in various areas may persist for weeks or months.
5. It is normal to experience a feeling of tightness at the treatment area. The tightness and stiffness usually last several weeks.
6. The final result needs to be judged 6-12 months after your procedure.

Follow-up appointments:

1. You will have several follow-up appointments after your procedure.
2. Your first follow-up appointment will be at 1 week. Subsequent appointments will be suggested by Dr. Dayan as needed.

If you have any questions you may reach Dr. Dayan by calling the office at 775.800.4444 during and after business hours.