

BodyTite© and FaceTite© Pre-Treatment Instructions

- For home use, you will need:
 - underpads for furniture
 - sanitary napkins (super or overnight) and tape to cover the incisions for drainage
 - bacitracin will be used after first 48 hours.
- Contact Rosa’s Clinic for Myofascial Release and Massage Therapy at 441 S. Independence Blvd, Suite #3, Virginia Beach VA 23452 (Rosa Courtney, Certified Massage Therapist) at 757-567-3658 to purchase and schedule your post treatment massages. A special package has been designed exclusively for Kaado MD BodyTite clients (\$500 for 10 one-hour sessions). Your first massage should be scheduled on the 3rd day after your procedure.
- Fill prescriptions given to you by Dr. Kaado.
- Do not take vitamins, herbal supplements, aspirin, ibuprofen, motrin, NSAIDs, or products containing aspirin for two weeks prior to or following your treatment (see list). You may use Tylenol or acetaminophen.
- Do not drink alcoholic beverages for 5 days prior to procedure as it may create complications and increase bruising.
- For 2-3 days prior to procedure, shower using only antibacterial soap.
- Start taking the antibiotic Dr. Kaado prescribed 24 hours prior to the procedure.
- If you are having treatment on abdomen, thigh or flank, shave treatment area.
- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Anticipate a social “downtime” of 1-2 days.
- Arrange for someone to stay with you for the first 24 hours after treatment.

On the day of your procedure:

- Shower and arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, or bath/shower oil present on the skin in the area to be treated.
- Eat a light breakfast such as cereal, oatmeal, bagel or toast with jelly or peanut butter
- Dress comfortably. Foam padding and a compression garment will be applied after your procedure.
- Leave jewelry and valuables at home. Do not wear wigs, hairpins or hairpieces. Remove all body piercings.
- Bring one (1) compression garment with you.
- Take medications as prescribed.
- Bring medications prescribed by Dr. Kaado with you.
- Please arrange for someone to drive you home from your procedure. You should not drive for at least 24 hours after your procedure.

I have read and fully understand these pre-treatment instructions.

Client Signature _____ Date _____

Witness Signature _____ Date _____

BodyTite® and FaceTite® Post Procedure Instructions

First 24-48 hours:

- **Compression garment:** Keep in place for the first 24 hours after procedure to prevent bleeding from incision sites. You may remove the garment for laundering, sponge bathing and bandage changing after the first 24 hours. You must always wear the garment (other than bathing/showering) for 4 weeks post procedure.
Foam Pad _____
Padding given to client. Initial: _____ Padding not given to client. Initial: _____
- **Massage** all treated areas using hand and applying light pressure slow and deep in an upward motion 3-4 times per day, approximately 10 minutes at a time. Do not use heat or ice on treated areas.
- **Incision care:** Remove dressing in 24 hours and sponge bathe. Do not shower for 48 hours post procedure. Your incisions will continue to ooze for 24-48 hours. This is normal and may last several days. You may place gauze sponges inside your compression garment to absorb drainage. Keep incisions clean and inspect daily for signs of infection. Once drainage has stopped, apply antibiotic ointment to the incision sites and cover with a band-aid. After 48 hours, cleanse the incisions gently with mild soap such as Cetaphil or Cerave and water. Tiny scabs may appear during the healing process. Please do not pick at the scabs.
- If you experience any **post-procedure nausea**, try carbonated soda and dry crackers to help settle your stomach. Drink plenty of clear fluids. Try lying down with your feet up and your head down.
- **For facial and neck procedures:**
 - Sleep on several pillows or in a recliner to keep your head elevated for at least 48-72 hours to help minimize swelling. Minimize talking and chewing for 48 hours. We recommend following a soft diet for the first 48 hrs. Make-up may be applied as soon as 72 hours after the procedure to cover any redness or bruising. Avoid the incision points that may still be healing.
 - Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate the area.
 - Shaving should only be done with electric razor for the first 7 days.

48 hours – 4 weeks:

- Continue wearing your **compression garment** for 4 weeks.
- Cleanse the **incisions** gently with mild soap such as Cetaphil or Cerave and water. Tiny scabs may appear during the healing process. Please do not pick at the scabs.
 - **Do not immerse incisions in any kind of water** (e.g. bath tub, whirlpools, hot tubs, swimming pool, ocean/lake/river) until 4 weeks after procedure.
- Light **activity** is encouraged. Do not engage in vigorous exercise or sports for at least 2 weeks or until approved by your physician. Decrease in activity may promote constipation, so you may want to add a raw fruit to your diet and be sure to increase fluid intake. Metamucil will also help.
- On the 3rd day post procedure, begin **ultrasound** treatments every other day for 20 days (10 treatments total). First ultrasound appointment _____ at _____.
- On the 3rd day post procedure, begin massage therapy at Rosa's Clinic for Myofascial Release and Massage Therapy every other day for 20 days (10 massages total). Ideally, the massage appointment will be the same day as the ultrasound. Ultrasound appointment should be before massage appointment.

General Instructions:

- Post Procedure Medications:** _____ Tylenol 500 mg _____ Percocet 5/325 mg, 1 tab every 6 hours as needed. Other: _____ . **Take prescribed antibiotic until it is finished (unless instructed otherwise).**
- Do NOT drink alcohol** for several days as instructed by the doctor after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting and/or bruising.
- Do NOT smoke**, as smoking delays healing and increases risk of complications.
- Remember, although the skin has initially healed, it takes 3-6 months before any changes in skin tightening can be perceived AND 12 months before final results in skin tightening can be appreciated.
- Call Kaado MD immediately at 757-788-4508 if you experience any of the following:** Severe or increased pain not relieved by medications; Increased fullness or redness in procedure areas; Temperature over 100.4 degrees; Yellowish or greenish drainage from the incisions or notice a foul odor
- For your maximum healing and optimal long-term results, it is very important that you follow the schedule of appointments we establish after procedure. Your first post-procedure appointment is:
_____ at _____.

I have reviewed these pre and post procedure instructions with Kaado MD and fully understand and will comply.

Client Signature _____ Date _____

Witness Signature _____ Date _____