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POST-TREATMENT INSTRUCTIONS for

- ★ Drink LOTS of fluids like Gator-Ade and water. Avoid sugary, carbonated drinks and diuretics like coffee and green and black teas.
- ★ You could return to work within 1-3 days. Some patients even return to the gym within 1-3 days, but our advice is to rest for at least one whole day after the procedure.
- ★ There should be MINIMAL discomfort. Discomfort may be relieved by ice packs and Tylenol.
 - If available, take Gabapentin every 8 hours.
- ★ Take the following prescriptions only as directed:
 - Ibuprofen - Every 6-8 hours. If you still have pain, take Hydrocodone every 6-12 hours.
 - Arnica - Continue taking 5 tablets three (3) times a day under the tongue (sublingual) for one (1) week after the procedure.
- ★ There may be drainage, heavy at times, of fluids such as anesthesia, melted fat, and blood from the insertion sites. This is normal and may last for a few days after the procedure.
 - Drainage may be RED TINGED but it does not mean you're bleeding.
 - Use ABD's, sanitary napkins, diapers, etc. under your compression garment to absorb any fluids. **YOU MAY SOAK YOUR CLOTHES OR FURNITURE IF NOT PREPARED!**
- ★ A compression garment is recommended to be worn both day and night for four (4) weeks after the procedure. It should be snug but not "tight". Reposition as needed for comfort. Remove before showering the day after. Change as needed.
 - The first time you remove your compression garment you may feel light-headed. **DO NOT STAND UP IMMEDIATELY!**

- ★ You should resume light exercise, such as walking, the same day. DO NOT engage in vigorous exercise or sports for at least 10-14 days after your procedure or until approved by your doctor.
- ★ Gently massage the area the first week if you can tolerate it. This will help resolve any hard lumps after the procedure, which are natural. Most patients are able to massage treated areas after 7-10 days.
 - Deep lymphatic massage by a professional after 1-2 weeks if tolerated is recommended for best results.
- ★ If instructed, apply antibiotic ointment (with zinc) or ScarGuard to the insertion site twice daily using a light touch. A cotton swab works best.
- ★ CALL IMMEDIATELY if you have any unusual redness, pain, warmth, pus or an unpleasant odor from your insertion sites at (213) 668-2080 OR (718) 704-8178.

I have received my post-treatment instructions and it is my understanding that by not following these instructions I may compromise my results.

YOUR FOLLOW-UP APPOINTMENT IS: _____

PATIENT SIGNATURE: _____

DATE: ____/____/____

WITNESS SIGNATURE: _____

DATE: ____/____/____