

POST-OP CARE

PRE-TREATMENT INSTRUCTIONS



Maintain a balanced diet and regular exercise to support the treatment.



Make sure the area to be treated is clean.



Take your pain medication before you come to your treatment



Stay hydrated, drinking plenty of water the day before and the day of your treatment.



Avoid caffeine or alcohol 24 hours before treatment.



Make sure to follow any pre-operative instructions given by your surgeon, including fasting guidelines.



Avoid blood-thinning medications if advised by your doctor.



Make sure your surgeon is aware of your post op treatment plans



Bring your Faja to your treatment



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Wear compression garments as directed to minimize swelling.



Follow your doctor's advice on taking showers and changing dressings.



Maintain a healthy diet to support healing.



Wash your fajas continuously and maintain good hygiene Faja practices



Avoid strenuous activities and get plenty of rest.



Keep the incision area clean, dry, and apply ointment if provided.



Take all your medications



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