



## POST OPERATIVE INSTRUCTIONS

### FOR THE YOUNG VITALIZER™ AND WOUND CARE

Congratulations on completing your **YoungVitalizer procedure!** Below is a list of instructions designed to help you through the recovery process. After you have read these instructions if you still have questions (especially if you think there is an emergency) please call 425-990-3223.

Please make sure to come in to see us the day after your procedure for your post-op appointment. For your privacy we have a back entrance to be used for follow up appointments, there is a doorbell at this entrance. Please ring the bell upon your arrival and we will greet you at the door. We ask that you use this entrance for all follow up appointments for the first month after your procedure.

#### **Things You Will Need:**

- Distilled Water
- White Grocery Store Vinegar
- Q-tips
- Gauze
- Vaseline
- Ice packs: you can purchase full facial ice packs at [www.ice-packs-store.com](http://www.ice-packs-store.com) to help with icing.
- We recommend a full body wrap to wrap certain areas of your body that we might work on. These wraps, and the compression that they achieve, will help you heal.
- If you can't afford a full body wrap or compression dressing, you can always use an ace bandage to wrap the areas.

#### **YoungVitalizer procedure Care:**

1. Do not massage any of the areas treated by the YoungVitalizer.
2. Try to avoid moving your facial muscles near the area that the YoungVitalizer procedure was performed to help with your results. Dysport | Botox injections can help improve your results as well.
3. Try to ice the areas for 10-15min every hour for the first 2-3 days.
4. Your swelling will typically increase for the next 2-3 days and then go down over the course of the next month.
5. Sometimes you can get irritation in your eyes after the procedure. To help with this we would suggest getting Artificial Tears and apply 1-2 drops every hour as needed for dryness and irritation. We would also suggest placing Lacrilube ointment in the eye every night before you go to sleep.

#### **Cleaning Your Incisions:**

1. You should clean your incision 3-4 times a day for the first two weeks with 1 part vinegar and 3-4 parts distilled water mixture. This will help to avoid scabbing/crusting around the wound.
2. You should keep Vaseline on the injection sites at all times for the first 7-14 days or until further notified. This will allow the injection sites to heal faster.
3. After two weeks you can consider Kelocote or other products containing silicone gel on the healed areas. We usually suggest people to apply the silicone gel onto their healed injection sites for 12 hours during the night. During the day we suggest applying sunscreen with a SPF of 45 or greater for the other



12 hours. We suggest doing this for the first 3 -6 months. The silicone gel only applies if you have external incisions or puncture holes.

### **Food and Liquids:**

1. You should avoid hot (temperature) and spicy liquids and foods for the first two weeks. Drink plenty of fluids to make sure that your urine is not too dark. It should be a light yellow or clear in color. Eating helps you to absorb your medication and also prevent nausea with your pain medication. However, early on after your procedure too much food can cause nausea.

### **Medications:**

1. We recommend that you start taking your nausea and pain medications as soon as possible. Start with the nausea medication as soon as you can after your procedure followed by the pain medication (1/2 tablet to one tablet) 1/2 hour later. You should only have a maximum of 12 tablets of Percocet (5/325) or 8 tablets of Vicodin (5/500) over 24 hours and no more. The pain medication takes an hour or so to take effect and during the startup time you will have pain. The nausea medication also takes about an hour to take effect.

2. Do not take too much pain medication. Pain medications can slow your breathing, which can be dangerous. Also you can only have 4 grams of Tylenol in 24 hours; over this amount can lead to irreversible liver damage. So never combine regular Tylenol with your Pain medication.

3. **Do not use high dose vitamin E, herbal medications or supplements, aspirin, Aleve, Ibuprofen or other anti-inflammatories for two weeks before and after your procedure.** These medications and agents all cause bleeding. We have a more complete list on our website and can be found with this link: [Medications to Avoid](#).

4. You should start your antibiotics as soon as possible after your procedure as well. The antibiotics are to be taken regularly and finished completely. The nausea and pain medications are taken on an as needed basis.

### **Stitches:**

1. Some of your stitches will need to be removed 6-7 days following your procedure; others may be removed a month later.

2. Sometimes stitches can break because we use very delicate stitches to get a good result. If this happens schedule an appointment as soon as possible for us to re-stitch the area.

### **Bleeding:**

1. You will have some mild bleeding from your injections | incisions. This is normal when the local anesthesia wears off. The first 24 hours is the most common time period for severe bleeding. The other time point is at 7 days when the clots get dissolved. Hence the first two weeks are crucial and you should be careful.

### **Swelling:**

1. We usually see you the next day after your procedure. This is when we determine if you have swelling that we should worry about.

2. Your swelling may increase over the next 3-4 days. Sometimes swelling lasts well over a week in a small population of patients. It is all dependent on the extent of your procedure that you have.

3. Try to avoid sleeping on the sides of your face. This can lead to asymmetry and to a distorted look. Give yourself some time for the swelling to go down. All lumps and bumps eventually resolve.



4. Sleeping at a 30-45 degree angle, on your back can help the swelling for the first week.
5. Cool compresses (frozen pack, or bag of frozen peas) are essential for the first 7 days (or longer if needed) 15-20 minutes each hour. No warm compresses are recommended nor Massage unless directed by the Doctor.
6. 15-20 minute walks twice a day will also resolve residual bruising and swelling (start these 3 days after your procedure if you would like).
7. If you notice redness spreading, skin hot to the touch, white/yellow discharge from the incisions, or increased pain to one particular area, please set up an appointment to be seen as this could be an infection that is easily treatable if caught early.

### **Sun Avoidance:**

1. Sun avoidance is crucial to avoid having your wound turn dark from hyperpigmentation.
2. You must stay out of the sun or minimize your exposure for the next 6 months. If you do go out in the sun you must wear sunscreen SPF 45 and reapply every 30 minutes to an hour. You should try to avoid putting on sunscreen for the first two weeks.

### **Activity:**

1. No strenuous activity, straining, bending over, lifting greater than 5 pounds, alcohol, hot oral fluids, spicy foods, exercise, very hot showers and hot baths, aspirin, anti-inflammatories, high dose vitamin E, herbal medications, smoking, for 2 weeks after your procedure. It's okay to take a light walk for about 15-20 minutes once or twice a day after the first three days. You can increase your activity slowly after two weeks.
2. Light walks also sometimes help with resolving residual bruising and swelling.
3. You can bathe/shower after the first 72 hours, just as long as you don't use very warm water. The water should be lukewarm just warm enough not to cause discomfort from being too cold.
4. If you are straining going to the bathroom, call your doctor as soon as possible to get a prescription for stool softeners and suppositories; in order to avoid pressure along your incision line | injection sites and to avoid bleeding.
5. Your healing will be 20% at 2 weeks, 60% at 6 weeks and 80% at 6 months. You should gauge your activity based on this. We generally advise starting regular activity slowly 2 weeks after your procedure.

### **Make-Up:**

1. Make up can usually be worn after 7 days depending on how your incisions heal. No makeup should be applied over raw areas.
2. Do not use age defying make-up around your incisions or on your eyes as it may contain retinol and may cause an allergic reaction for up to one month.

### **Follow Up:**

1. We typically have most of our patients come back the next day.
2. You will then return in another 6-7 days after your procedure for suture removal unless otherwise directed.

If there are any questions that are not being cleared up please call the office or set up an appointment immediately if you have concerns.