

THE GUIDE

TO PRE-OP AND POST OP
CARE FOR OUR PATIENTS



OceanView
COSMETIC SURGICAL GROUP



Introduction

Congratulations on beginning your journey towards a better, more beautiful appearance with Dr. Rojas. In the following literature you'll find a wealth of information on how to prepare yourself for your procedure and what to expect from your doctor, your procedure, and your recovery process.

We understand that this is an important, thought-out decision that is likely to have taken plenty of time to make. Now that you've trusted us with achieving your aesthetic excellence, we'd like to give you as much information to help you understand the process and feel reassured and comfortable about your big decision.

About Dr. Augusto Rojas



Dr. Augusto Rojas is the Medical and Surgical Director at Oceanview Medical and Surgical Group in Venice California. An Anti-Aging and Cosmetic Surgeon from Bogotá Colombia, Dr. Rojas has practiced cosmetic surgery & anti-aging medicine in Southern California for over 20 years.

Dr. Rojas's success is rooted in an approach to cosmetic surgery akin that of the master who sculpts and shapes a stone to perfection in order to obtain the most balanced, beautiful, and long lasting results.

A Graduate of Universidad Javeriana, one of the best Medical Schools in Latin America, Augusto Rojas is versed in the most cutting edge surgical techniques available today which includes: Vaser Liposuction, Blepharoplasty, "Mommy Makeover", Lifting Threats, and continues his studies as a general surgeon in Cedar Sinai Medical Center in Beverly Hill CA. His love for beauty in the field of surgery was enhanced at the University of Morelos in Cuernavaca Mexico where he received the title of a specialist in cosmetic medicine and surgery.

An active member of the Los Angeles Cosmetic Surgery Community Dr. Rojas is an avid researcher who constantly seeks newer, safer and more effective techniques to satisfy his clients. With the most high end products and techniques, from the simplest to the most sophisticated procedures, Dr. Rojas and his staff strives to provide you with the best service and most pleasant and safe experience while you get the results you want. We invite you to visit our complete photo gallery and learn more about each cosmetic procedure that Dr. Rojas performs.

"The main problem for many people is trying to eliminate the excess of fat that accumulates in some parts of the body (abdomen, legs, arms, etc.). I know this can be frustrating even after exercising and dieting. With today's technology, techniques, and my experience of working with thousands of patients like you, I can say that it is possible to offer an optimum and natural results!"

-Dr. Rojas

Preparation

Preparation before the surgery is one of the most important things that are overlooked. In consultation with Dr. Rojas we work to answer all the questions necessary to have a clear idea about the surgery (duration, extent, and possible complications) and the different alternatives you have.

Plastic surgery is not an exact science, so it is possible that the results are different than desired, because each person may react differently to a given set of procedures.

It's advised follow advice Dr. Rojas will provide you in regards to preparation.



There may be doctor-ordered lab tests relevant to your case.

Some of the more basic tests include:

- Complete Blood Count (CBC).
- Prothrombin Time (PT) and Partial Thromboplastin Time (PTT)
- Blood Urea Nitrogen (BUN)
- Serum Creatinine
- Hemoclasification
- Glycemia
- Pregnancy Test
- Electrocardiogram
- Lateral and Posterior-anterior Chest X-rays.
- HIV testing

The tests must be taken on an empty stomach, in the morning. After having the results you should schedule a consultation with the doctor. The outcome of them will decide the procedure that can be performed in you.

I'd like the patient to ask me anything they will like to know about preparation before surgery and post surgery. Also the patient needs to know what she/he wants to achieve, the realistic situation about she/he health. The patient and the doctor need to feel in total comfort to ask and answer anything related to the procedure and the results.

Preparation is key is getting THE BEST results. For example:

In our patient service process; it is important provide as much information as necessary. Because of that you will have a second assessment at no additional cost, to receive additional care surgical recommendations. Even explain another kind of procedures that you might be considering. We care about your safety and we want to provide the best service possible. This is our main goal as an organization.

- The appointment with the anesthesiologist and/or surgeon might be mandatory, each case is unique. The absence could result in cancellation of surgery without notice.
- Ask about the types of anesthesia and the risk of surgery according to your health status. Do not forget to bring all pre-operative tests. If you have any disease, bring the exams, summary of history or other documents necessary about it.
- Make sure you ask all the questions necessary to have a clear idea about the anesthesia that is going to be used.

Preparation Continued

Take note of the recommendations of the anesthesiologist about fasting, medications and all considerations you should consider for the day before of the procedure.

Below we provide some tips that can help you be confident and ready for surgery:

- Do not eat or drink anything after midnight the night before your procedure. This includes water, tea, coffee, juice, mints, gum, and food, BUT does not apply to medicines prescribed by your doctor.
- Do not drink any alcohol for 24 hours before or after surgery. Do not take aspirin, vitamin E, anticoagulants, or any herbal medicine or herbal tea two weeks before and two weeks after surgery.
- Shower the morning of surgery and wash your hair. However, do not put lotion, powder, cream or deodorant on the body. You should wear loose, comfortable clothing. All jewelry should be left at home. If you wear prescription glasses, please wear your glasses and not contact lenses.
- Stock up on foods that are easy to digest, like crackers, soup, apple sauce, and gelatin that will be easy on your stomach. Foods high in fiber like prune juice should be on hand to help you when some pain medicines cause constipation.
- If you smoke 10 to 20 cigarettes a day, the anesthesiologist will need to authorize your operation. However, considering the amount you smoke daily, you should be preparing for total abstinence from cigarettes during the pre and post surgical process.
- If you smoke 5 to 10 cigarettes a day, you should cut in half your intake of cigarettes smoked in day, a month before the procedure so that the two pre-operative weeks you will be able to follow the indicated protocols and stop smoking completely.
- Take a shower with antibacterial soap or iodine solution the night before and the day of the surgery in the morning, from the neck to the toes (that is throughout the body contour where the procedure is going to be performed). Do not use common creams or soaps
- You may need to buy cream for scars.
- Take all medications that have been prescribed by the plastic surgeon and the anesthesiologist.
- Take a light dinner and do not eat solid food after midnight.
- Remove nail polish and metal jewelry (piercings, earrings, rings, etc.).

Preparation Continued

Be sure to have someone drive you to and from the clinic and stay with you for the first night after surgery. It's a good idea to have someone at home to help prepare your food and keep an eye out for anything you may need. Creating a comfortable seating area during your post-operation time is fundamental.

Good nutrition supplied with balanced meals is an important phase of preparation. Proper diet before surgery should be focused on three important factors: nurture, immunize and moisturize the body. Taking these steps will optimize the condition of your muscles, nerves, blood cells and bones. Proper nutrition also improves blood clotting and decreases the chance of suffering severe bruising.

The Importance of Diet in Key Phases

Sample Meal Plans Before Surgery

Breakfast: Good choices are cereals (of any kind); NO milk for at least a week before of surgery. Eat fruits like papaya, peaches, pitaya (Do not eat pear, apple, banana to prevent constipation); wheat toast, cereal

Lunch: Vegetables, meat (beef, chicken, turkey, liver)

Snacks: Fruits, lots of fruits

Dinner: Vegetables, meat (beef, turkey, chicken, liver)

Your body requires protein to build new cells, maintain their strength and recover quickly. However, you should maintain it within an ideal calorie range, consuming small portions of food throughout the day. Rest assured that a diet composed of the following nutrients can help you maintain the results after surgery.

Food You Can Eat

Lean protein like chicken, tuna and turkey. Complex carbohydrates such as brown rice, whole wheat bread, wheat germ, bran and oatmeal. Vegetables, sweet potato, eggplant, peas, mushrooms and raw carrots.

Fresh and dried fruits are a great source of vitamins. Healthy fats like olive oil, flaxseeds, almonds, walnuts and sunflower.

Soy based foods, beans, lentils, beans and chickpeas are some of the healthiest sources of protein you will find.

The Importance of Diet in Key Phases Continued

Food You Can't Eat

It is highly-advised that you refrain from eating refined products such as cookies, donuts, pastries, burgers, pastas and pizzas. Preserves, pickles, butter, margarine and mayonnaise are all high in sodium and should be withheld from your diet.

Also:

- Sodas
- Caffeine
- Alcohol (especially within 24 hours of surgery)
- Snuff

Do Not Forget Vitamin C



Vitamin C is an excellent companion before and after surgery.

Vitamin C is highly-recommended because it is a key to help you to heal well and fast. It will also assist you in the development and maintenance of scar tissue, blood vessels and cartilage. It also helps remove toxins.

Examples: Orange, grapefruit, tangerine, strawberry or kiwi fruit are rich in vitamin C.

Remember...

Plastic surgery does not end the moment you leave the surgery room because you have 40% of responsibility in achieving the expected results.

FAQ

What happens to the water after the procedure?

Drinking adequate amounts of water, teas, fruit juices or soft drinks help to avoid dehydration. Avoid drinking alcoholic beverages for 48 hours before surgery and 48 hours after surgery, as alcohol causes dehydration.

When you see the results?

Results can be seen immediately, but due to the post-surgical processes of inflammation, results are more apparent in the third-to-sixth month after surgery. Remember our staff provides medical consultations to verify your satisfaction in the results in the following months after your procedure.

FAQ Continued

If I've have had liposuction and have gained weight since my procedure, how long should I wait before getting the procedure done again?

It is prudent to wait more than a year.

When you can have sex?

Same as when exercising, sex should be gradually resumed first and then passively increased depending on reactions to inflammation, pain or deformity in the operated area.

When you can go out at night?

Exposure to cold or other adverse environmental conditions can cause pain, especially after procedures like nose jobs or body contouring surgeries. It is recommended to wear warm clothing to avoid unpleasant side effects for at least one month after surgery.

Your Financing and Payment Options

Payment of medical fees must be processed at least seven days prior to the surgery to maintain your place at the agreed upon date. If you cancel 5 days before surgery, it you may be subject to a penalty.

3D Liposuction: What to Bring on the Day of the Surgery

1. The results of medical exams.
2. Two post-operation garments (they are given in the doctor's office), especially if this is a surgery on the body.
3. Two post-operative foams (they are given in the doctor office) if this is a surgery for body
4. A pair of anti-embolic stockings, medium compression. (They are given in the doctor office)
5. Absorbent wipes. (For all surgeries in general)
6. A blanket and socks for the cold. This is appropriate if the performed surgery was a Tummy Tuck or Mini Tummy Tuck or if the amount of body fat extracted is high and the surgeon decides that the patient should stay the for a night at the clinic.
7. Personal objects (toothbrush, towels, etc.). It is appropriate if the performed surgery was a Tummy tuck or Mini Tummy Tuck or if the amount of body fat extracted is high and the surgeon decides that the patient should stay the first night at the clinic.

FAQ Continued

If I've have had liposuction and have gained weight since my procedure, how long should I wait before getting the procedure done again?

It is prudent to wait more than a year.

When you can have sex?

Same as when exercising, sex should be gradually resumed first and then passively increased depending on reactions to inflammation, pain or deformity in the operated area.

When you can go out at night?

Exposure to cold or other adverse environmental conditions can cause pain, especially after procedures like nose jobs or body contouring surgeries. It is recommended to wear warm clothing to avoid unpleasant side effects for at least one month after surgery.

Your Financing and Payment Options

Payment of medical fees must be processed at least seven days prior to the surgery to maintain your place at the agreed upon date. If you cancel 5 days before surgery, it you may be subject to a penalty.

3D Liposuction: What to Bring on the Day of the Surgery

1. The results of medical exams.
2. Two post-operation garments (they are given in the doctor's office), especially if this is a surgery on the body.
3. Two post-operative foams (they are given in the doctor office) if this is a surgery for body
4. A pair of anti-embolic stockings, medium compression. (They are given in the doctor office)
5. Absorbent wipes. (For all surgeries in general)
6. A blanket and socks for the cold. This is appropriate if the performed surgery was a Tummy Tuck or Mini Tummy Tuck or if the amount of body fat extracted is high and the surgeon decides that the patient should stay the for a night at the clinic.
7. Personal objects (toothbrush, towels, etc.). It is appropriate if the performed surgery was a Tummy tuck or Mini Tummy Tuck or if the amount of body fat extracted is high and the surgeon decides that the patient should stay the first night at the clinic.

What to Expect After Surgery



After surgery, the patient is taken to the recovery area. It is possible that your doctor has left drainage tubes to prevent fluid accumulation. The doctor will instruct you in performing some leg exercises to improve circulation and help prevent thromboembolism.

Any discomfort is usually controlled with pain medication. It is important that the patient try to stand up as soon as tolerated, to promote proper blood circulation.

Common Symptoms After Surgery:

Pain may occur and will be relieved with analgesics. If the pain gets more intensely, you should immediately notify the doctor or a staff member.

It is normal to feel a bit discouraged after surgery. This happens because you feel the inability to see the results immediately. However, one should be reassured that results will begin to show dramatically over time.

Small areas of ecchymosis (bruising), is a common occurrence around the fourth week. The sensitivity of the skin will be reduced after surgery, gradually normalizing. The feeling of tightness and swelling after the surgery will likely decrease with each passing day.

During the first 24 to 48 hours, it is normal that exit holes drain liquid that will stain bloody bandages. This secretion is due to the departure of the anesthetic solution with blood.

It is also normal that after a liposuction you may experience some drowsiness, variable pain and a slight increase in body temperature.

Important Steps During Recovery

You should spend a few days resting in order to get a proper recovery. You should make proper plans with your employer, as it is highly-recommended that a patient should rest for approximately 15 days after their procedure.

Why Compression Garments are Important

The use of compression garments and foams are useful in your recovery. It's recommended you wear them for 24 hours round-the-clock for the first month. The next two months you can choose whether you want to wear the garments 12 hours (day) or 12 hours (overnight). During this time, they will be removed for cures, reviews and massages.

Drains, if any, are removed after 3 to 8 days. After the procedure, we recommend using compression stockings, to improve blood flow in your legs.

Compression stockings gently squeeze your legs to move blood up your legs. This helps prevent leg swelling and, to a lesser extent, blood clots.

You will receive antibiotic medication to prevent the development of any infection and analgesics to control post-operative discomfort.

During Recovery, Please Avoid:

- Grueling activities or strenuous exercise for eight weeks. You should abstain completely from lifting heavy objects, children or pets.
- It's highly-advised that you do not drive a car for at least one week.
- Do not take direct sun during the first two months after surgery.
- The patient must attend strictly to control appointments with the medical team to follow progress of your surgery.
- You should not take aspirin or any medicine that containing this compound because it can have anticoagulant effect.
- Please do not take medicines that your medical team has not prescribed. If you cannot stand the pain level, go to your doctor and follow to the protocol; you must not consume aspirin or any medicine containing their active ingredients, because these are anticoagulants and can increase bleeding even after surgery.
- It is important to have professional help to look after you during the days of your convalescence (to help you to wear the foams and garments; to help you take a shower; to accompany to the postoperative.
- Compression garments can make the skin feel dry, which is why you should begin applying moisturizers once the doctor has approved its usage.

Lymphatic Massages

The lymphatic system is an integral component of the circulatory system and contributes to the removal and destruction of waste material and toxins. It also aids in the absorption of fats from the digestive system.

After the ONWORKOUT LIPO procedure, lymphatic massages are required in order to remove the excess lymph fluid and alleviate the swelling and discomfort. It is recommended having between 10 to 15 of these types of sessions, as this treatment can have a truly positive impact on your recovery.

Why you need to have a Drain or Lymphatic massage?

These types of massages are proven to assist in decreasing hardness following lipo procedures. They are known to increase the circulation to the treated areas where it becomes more difficult to evacuate the lymph fluid. It is the most efficient way to reduce swelling and bruising. Remember during the first few days your body will be at its most tender. Initial therapy sessions may feel uncomfortable at first, but you will feel better throughout the day as a result

Timeline for Using Foams and Garments?

During the first month after the procedure, it should be worn 24 hours a day. The second month only requires 12 hours of required usage, and the patient can elect to use it either during the day or at night.

But Why?

Compression garments are essential as they help to improve the healing process, reducing discomfort and speeding recovery elements. Choosing the right garments and foams can have a significant impact on the post-operative period. Your physician can assist in advising on the best choices for garments.

Part of a successful post-operative includes the use of a medical compression garment specifically designed to be used for long periods during the recovery period. In addition to providing maximum compression in these areas that have been treated. The combination of specified support compression helps reduce overall recovery time, improve comfort and help you get the best aesthetic result.

Time Away From Work

Return to work depends mainly on two factors:

1. The type of surgery

With facial surgery, breast surgery and ONWORKOUT procedures, you can return to work approximately eight days after treatment. In larger-scoped operations such as Tummy tuck and Mini Tummy tuck, you must wait 15 days.

2. Also depends on the type of work you do

If you work at a desk or in an office, it will be easier for you to return to work. If you work outdoors or if your job entails more physical activity, you may require more recovery time.

**We hope you have found this information to be most useful.
Cheers to the new you!**

