

IMAGĒN

Body Sculpting • Cosmetic Center

PROCEDURE PREP GUIDE



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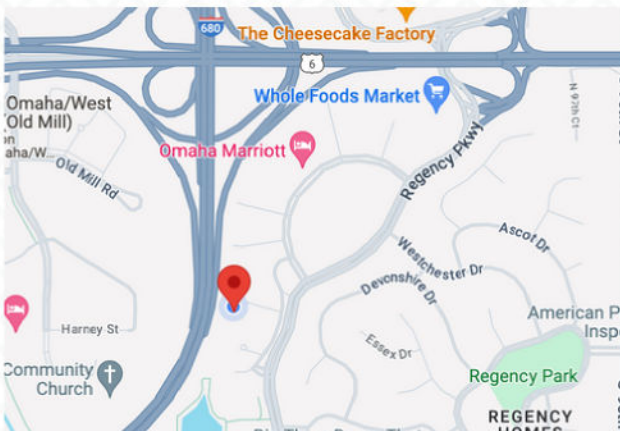
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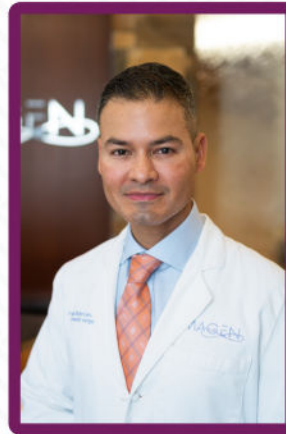
IMAGEN BODY SCULPTING &
COSMETIC CENTER

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YOUR SURGICAL TEAM



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OUR CLINIC IS EXCLUSIVELY SPECIALIZED IN BODY SCULPTING PROCEDURES. USING OUR COSMETIC EXPERTISE AND REAL PATIENT FEEDBACK, WE'VE COMPILED THIS PROCEDURE PREP GUIDE TO HELP YOU PLAN AHEAD AND KNOW WHAT TO EXPECT. IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO REACH OUT TO STEPHANIE AT (402) 509-8473 OR STEPHANIE@IMAGENBODYSCULPTING.COM. WE LOOK FORWARD TO SEEING YOU SOON!

PROCEDURE PREP GUIDE

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MEET YOUR BOARD-CERTIFIED COSMETIC SURGEON

FRANK SOTO LEÓN, MD



Dr. Frank completed his undergraduate and master's degrees from the University of Nebraska before studying medicine at Duke University. He graduated from medical school in 2009 and completed his residency in 2012. In 2013, he entered private practice at Imagen to exclusively practice cosmetic medicine. With his decade of body sculpting expertise, he is well specialized in tumescent liposuction including SmartLipo® Triplex laser, VASER® ultrasound and PAL® liposuction; as well as Renuvion® skin tightening.

- IN PRACTICE SINCE 2012
- HAS PERFORMED OVER 10,000 SUCCESSFUL LIPO PROCEDURES WITH NO SERIOUS COMPLICATIONS
- SPECIALIZES IN 4D HI-DEF TUMESCENT LIPOSUCTION & BBL FAT TRANSFER PROCEDURES
- HABLA ESPAÑOL

IF YOU DID NOT GET A CHANCE TO MEET DR. FRANK AT YOUR CONSULTATION, OR IF YOU DID A VIRTUAL CONSULTATION, OUR TEAM WOULD BE HAPPY TO SET UP AN OPTIONAL INTRODUCTORY MEETING UPON REQUEST. OTHERWISE, DR. FRANK LOOKS FORWARD TO SEEING YOU ON YOUR PROCEDURE DAY!

PREPARATION TIME LINE

TWO+ WEEKS BEFORE YOUR PROCEDURE

GETTING READY

There are several habits that you should (and should not) be doing to help you get the best results and have a great recovery process. Please review these important reminders and recommendations at least 2+ weeks before your procedure:

- **PICK UP YOUR PRESCRIPTIONS**
- **ARRANGE YOUR RIDE AND/OR HOTEL**
- **PLAN YOUR TIME OFF**
- **TAKE DAILY MULTIVITAMIN**
- **STOP SMOKING**
- **USE CAUTION WITH PAIN MEDICATIONS**
- **UPDATE YOUR MEDICATION LIST**

PICK UP YOUR PRESCRIPTIONS

Please plan to pick up your prescriptions, arnica and instructions from our clinic about 1-2 weeks before your procedure. Based on your location, we may arrange to mail your paper prescriptions to you with the arnica given when you arrive to the clinic.

ARRANGE YOUR RIDE AND/OR HOTEL

You will not be able to drive yourself home after the procedure. If you are not able to organize a ride, we are happy to arrange a ride and/or hotel for your procedure. Please let us know in advance if you'd like to take advantage of this service.

PLAN YOUR TIME OFF

You may benefit from taking time off for optimal rest and recovery. For most procedures, we recommend 3-5 days off work. For a BBL (Fat Transfer), we recommend at least 5-7 days off. Please plan accordingly so you can focus solely on your recovery process.

PREPARATION TIME LINE

TWO+ WEEKS BEFORE YOUR PROCEDURE

TAKE DAILY MULTIVITAMIN

Your body needs essential vitamins and minerals to be able to heal properly after your procedure. Start taking a daily multivitamin if you don't already as it will help make those nutrients more readily available. You should avoid most herbal supplements and any supplements containing fish oil or omega-3 fatty acids.

STOP SMOKING

All recreational smoking (including cigarettes, vapes and marijuana) is dangerous before your procedure because the chemicals cause decreased blood flow. Good blood flow is essential for proper healing so it's important you stop now if you haven't already.

USE CAUTION WITH PAIN MEDICATIONS

Many pain medications can increase your risk of bleeding and bruising with your procedure. Increased bruising may not seem like a big deal, but extensive bruising can increase your downtime. Stop any medications containing Aspirin or Ibuprofen. If you need pain medication (like for a headache), Acetaminophen (Tylenol) is okay to take.

UPDATE YOUR MEDICATION LIST

Please send us an updated medication list if you haven't already so we can ensure all your medications are safe for you to continue through the surgery process. Include any over-the-counter medications, vitamins and herbal supplements that you take on a daily basis.

PREPARATION TIME LINE

ONE WEEK BEFORE YOUR PROCEDURE

GETTING READY

In addition to the previous reminders, please review the following important reminders and healthy recommendations at least one week before your procedure:

- **FILL YOUR PRESCRIPTIONS**
- **STOP DRINKING ALCOHOL**
- **USE ANTIBACTERIAL SOAP**
- **PAY ANY REMAINING BALANCES**
- **PURCHASE ANY NEEDED SUPPLIES**

FILL YOUR PRESCRIPTIONS

Don't wait too long to fill your prescriptions at the pharmacy. Please do this early in case you run into any issues getting your prescriptions filled and require assistance from our team.

STOP DRINKING ALCOHOL

Alcohol consumption before or after your procedure can drastically affect your recovery. Please abstain from alcohol consumption beginning one week prior to your procedure to ensure an optimal healing process.

USE ANTIBACTERIAL SOAP

Your skin will be prepared with antiseptic before your surgery, but the antiseptic can work better if your skin is clean. We recommend using a mild antibacterial soap such as Dial®, Lever® or Safeguard® for your daily bathing in the week leading up to your procedure.

PREPARATION TIME LINE

ONE WEEK BEFORE YOUR PROCEDURE

CHECK AND PAY ANY REMAINING BALANCE

Please check and submit any remaining balance due if you haven't already done so at least one week prior to your scheduled procedure. You can do this by clicking the payment link previously sent to your email. Please let us know if you need another link sent. Completing this ahead of time ensures you can completely focus on your procedure once you arrive at the clinic.

PURCHASE ANY NEEDED SUPPLIES

Based on your procedure, you may experience a lot of drainage. You may benefit from buying hygiene products such as adult diapers, mattress covers and/or shower curtains, and additional towels for any fluid drainage management and easier hygiene maintenance during your recovery. Please reference the Recommended Shopping List in this guide for more details.

PREPARATION TIME LINE

THREE DAYS BEFORE YOUR PROCEDURE

GETTING READY

In addition to the previous reminders, please review the following important reminders and healthy recommendations at least three days before your procedure:

- **FILL YOUR PRESCRIPTIONS**
- **START YOUR ORAL ARNICA**
- **CONFIRM YOUR RIDE AND/OR HOTEL**
- **REMOVE NAIL POLISH & ACRYLIC NAILS**
- **MONITOR FOR SIGNS OF ILLNESS**

FILL YOUR PRESCRIPTIONS

Please do not wait any later than three days before your procedure to fill your prescriptions. In the event you run into any issues, our team will have ample time to assist you if needed.

START YOUR ORAL ARNICA

The dose is five (5) tablets three times a day. The arnica will dissolve in your mouth and help reduce your overall bruising and swelling after the procedure. If you are taking blood pressure medication, do not take the oral arnica.

CONFIRM YOUR RIDE AND/OR HOTEL

Please confirm your ride and/or hotel arrangements. Should you need a ride or hotel service, our team would be happy to arrange this available upon request. Please let us know at least one week in advance if you'd like us to arrange this for you.

PREPARATION TIME LINE

THREE DAYS BEFORE YOUR PROCEDURE

REMOVE NAIL POLISH & ACRYLIC NAILS

We will need at least one nail to be clear of polish on each hand and each foot. The sensor that monitors your blood oxygen level during the procedure may not read through certain polishes or acrylics.

MONITOR FOR SIGNS OF ILLNESS

Monitor your health and report to the provider team if you begin feeling any signs of illness. Do not take any over-the-counter cough or cold medicines without notifying the provider team.

PREPARATION TIME LINE

ONE DAY BEFORE YOUR PROCEDURE

GETTING READY

In addition to the previous reminders, please review the following important reminders and healthy recommendations at least one day before your procedure:

- **PREPARE YOUR HOME**
- **MEAL PREP**
- **BEGIN ANTIBIOTICS**
- **SHOWER WITH HIBICLENS**

PREPARE YOUR HOME

Ready your home or recovery area with everything you need to optimize your comfort. Install a mattress cover, stock up on additional towels and organize any hygiene products prior to coming back from your procedure.

PREP YOUR MEALS

Add more ease and comfort to your recovery by prepping delicious and healthy meals for your first initial recovery days. We recommend meals that are high in protein and low in salt, sugar and carbohydrates as these can increase inflammation).

START YOUR ANTIBIOTICS

Begin your first round of antibiotics with food at dinnertime on the night before your surgery. Please continue to take the antibiotics as directed.

SHOWER WITH HIBICLENS SOAP

Begin preparing your body for the procedure by showering with the Hibiclens soap on the night before the procedure..

PREPARATION TIME LINE

THE DAY OF YOUR PROCEDURE

GETTING READY

In addition to the previous reminders, please review the following important reminders and healthy recommendations on the day of your procedure:

- **SHOWER WITH HIBICLENS**
- **DO NOT USE ADDITIONAL HYGIENE PRODUCTS**
- **WEAR COMFORTABLE CLOTHES AND SLIP IN SHOES**
- **EAT BREAKFAST**
- **NO CONTACT LENSES**

SHOWER WITH HIBICLENS SOAP

Please shower again using the Hibiclens soap to prepare your body on the day of your procedure. You will not be able to shower for the first 24 hours after your procedure.

DO NOT USE ADDITIONAL HYGIENE PRODUCTS

Do not apply any lotions, perfumes, deodorants or makeup to the procedure treatment areas as this will only introduce new bacteria before your procedure.

WEAR COMFORTABLE CLOTHES AND SHOES

We recommend clothing that is comfortable, loose, easy to change in and out of and dark-colored due to fluid drainage that could stain or ruin the clothing you arrive in. Don't forget your shoes might get messy.

EAT BREAKFAST

Eat a full breakfast to ensure you have the strength and energy for your procedure. This is also important because taking your procedure medications on an empty stomach will result in nausea or upset stomach.

NO CONTACT LENSES

Wear glasses if you typically wear contact lenses.

PREPARATION TIME LINE

ARRIVING TO THE CLINIC

ARRIVING ON PROCEDURE DAY - REMINDERS

- **Please plan to arrive at 7:30am** for your scheduled procedure unless a different time was confirmed with Stephanie.
- Use the **Imagen Surgical Entrance** (pictured below) for your procedure and 1- day post-op appointment only. After this, you may continue using our normal Cosmetic Center entrance (pictured below) for all future appointments.
- **Please bring all of the medications that were prescribed to you.** We can not perform your procedure without having all your medications present. Should the procedure be canceled for failure to bring all your medications with you, a rescheduling fee will incur.
- We'll call your ride 30 minutes before you're ready for pickup, so please have them plan accordingly unless we're organizing your ride service.
- Out of respect for other patients' privacy, your ride will not be able to wait in the clinic during your procedure.



SURGERY DAY & 1-DAY POST-OP

Please arrive to the Imagen surgical entrance (shown above) for your surgery day and 1-day post-op appointment only.



ALL OTHER APPOINTMENTS

After your 1-day post-op, you will continue to use our Imagen Cosmetic Center main entrance for all other appointments.

RIDE & HOTEL ARRANGEMENTS

We are proud to offer a ride and hotel concierge service available upon request. This service includes transportation arrangements with our driver, Richard, in the Imagen limousine, and/or hotel arrangements at one of the many nearby hotels and will be included on your invoice.

As a reminder, you will not be able to drive yourself home after the procedure so we recommend that you have a responsible adult (spouse, friend, family member, etc.) to transport you home.

You will be under the influence of memory-altering medications. For your safety, you may not use Uber, Lyft or a taxi for your ride home.



RECOMMENDED SHOPPING LIST

After your procedure, we will provide two complimentary compression garments to support your postoperative recovery. Additional compression garments are available for purchase separately.

While it's not required to purchase any of the recommendations on this list, many patients have reported these items to be incredibly helpful during their recovery process. If you have any questions about what you'll need, please reach out to Stephanie at 402- 509-8473 or Stephanie@imagenbodysculpting.com.

- Acetaminophen (Tylenol)
- Adult diapers or pee pads
- Antibacterial soap (Dial®, Lever® or Safeguard®)
- Compression garments from Shop.OmahaLiposuction.com
- Daily multivitamins
- Dark-colored towels
- Mattress cover or shower curtain liner



PRESCRIBED MEDICATIONS

You will have **FOUR PRESCRIPTIONS AND ONE SUPPLEMENT** to pick up from the clinic (unless we previously arranged to mail your prescriptions) and fill at your pharmacy before arriving for your procedure. **Take the medication as directed** and only under the guidance of the provider team.

You need to bring all your prescribed medications and arnica with you on the day of your procedure. If you don't have them, we will need to reschedule your surgery and you will incur a rescheduling fee. If you have any questions regarding prescriptions, dosages, allergies, etc., please contact **Stephanie at (402) 509-8473** or Stephanie@imagenbodysculpting.com.

- **Antibiotic** - We prescribe antibiotics for infection prevention. You will start taking your antibiotic the night before your procedure.
- **Arnica Tablets** - This supplement will help reduce your bruising and swelling. You will start taking the arnica tablets three days prior to your procedure. The dose is (5) tablets 3x times per day. The tablets will dissolve in your mouth. Do not take if you are on a blood pressure medication.
- **Hydrocodone/Acetaminophen** - This medication is for pain management during and after your procedure. We will give you this before your procedure, do not take this before instructed.
- **Promethazine** - This medication is for nausea management during and after your procedure. If you experience nausea from the pain management medication, this medication will help counteract that. We will give you this before your procedure, do not take this before instructed.
- **Triazolam** - This medication will be your procedure sedative and should only be taken under provider supervision. We will give you this before your procedure, do not take this before instructed.

RECOVERY PROCESS

The recovery process will vary for everyone depending on your health and which procedure you had done. If, at any time, you feel that you may be experiencing a life-threatening complication or medical emergency, please call 911.

Here's what you should generally expect:

DISCOMFORT & PAIN

Some discomfort and pain is expected for your procedure recovery. You may use your prescribed pain medication to help manage this. If you have any pain that you think is abnormal, please contact the clinic for assistance.

FLUID MANAGEMENT

You will not have any drain tubes so you will experience fluid leakage from the incision sites during the first 24 hours. There may be significant amounts of drainage. The use of adult diapers, pee pads, shower curtain or liner and/or dark-colored towels will help with your fluid management, as well as protect your furniture from any staining.

MOVE THROUGHOUT YOUR RECOVERY

While you may experience discomfort after your procedure, it's important to move your body through light walks in your home. This encourages fluid drainage and helps to prevent blood clots.

SWELLING & BRUISING

Most patients have moderate discomfort for 2-3 days after their procedure. Most swelling or bruising typically subsides within a few weeks (though you can expect to have some swelling for several months after your procedure).

WEARING COMPRESSION GARMENTS

Do not remove your compression garment for the first 24 hours after your procedure. At your 1-day post-op appointment, our team will assist you in changing out compression garments. It is important that you wear the garment 24 hours a day except while showering for the first four weeks after your procedure.

QUESTIONS?

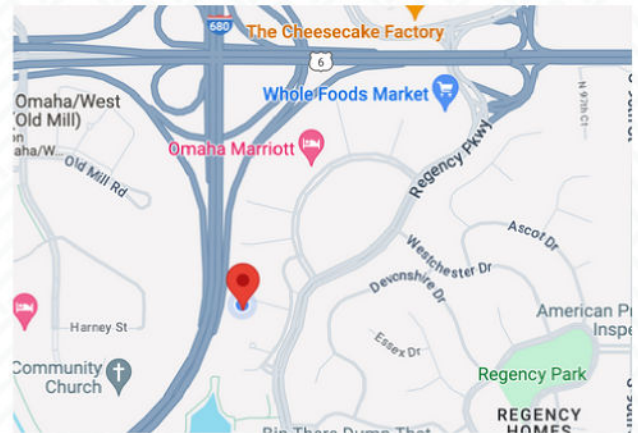
WE ARE HAPPY TO ANSWER ANY QUESTIONS OR CONCERNS YOU MAY HAVE. FEEL FREE TO CALL OR TEXT THE CLINIC AT (402) 509-8473 OR EMAIL STEPHANIE AT STEPHANIE@IMAGENBODYSCULPTING.COM. FOR AFTER-HOURS URGENT REQUESTS, OUR CELL NUMBERS ARE LISTED BELOW.

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