

ThermiTight Post Op Instructions

1. Try to use wrapping for 24 hours (may adjust as needed for comfort) and intermittently the 1st 72 hours as needed. Can continue to use nightly for the next 3 days. With liposuction can use for 1-2 weeks.
2. You can use ice packs/frozen peas on top of dressings the 1st 2-3 days as needed.
3. May use Band-Aids over small incisions for 24 hours.
4. No exercise for 24 hours. Then exercise as tolerated- warning high impact will hurt.
5. Sleep at 45 degree angle for the 1st night.
6. You can take Tylenol or anti inflammatories for pain as needed.
7. It can take 3-13 months to see results
8. Numbness and tenderness is common for a few months.
9. It is helpful to massage cheek to ears, jaw line down to neck
10. Keep chin elevated for the first few days.