



ALMI PROCEDURE PATIENT PRE-TREATMENT INSTRUCTIONS

HOW DO I PREPARE FOR MY ALMI PROCEDURE?

- No smoking for two-weeks prior and two weeks post-ALMI procedure. Smoking decreases your circulation and slows down healing time. If you are unable to cease smoking during this period, please consult the doctor.
- DO NOT TAKE ANY ASPIRIN; aspirin containing products, Vitamin E, Fish, FlaxSeed, or Primrose Oil, diet pills, garlic supplements, or certain herbal remedies prior to your procedure. If you have any questions about a medication, please call the office.
- NO ALCOHOL for 2 weeks before and after ALMI procedure. Excessive consumption of alcohol can increase the possibility of post-procedure complications and bruising.
- Shave areas to be treated before procedure so adhesive tape and dressings will be easier to remove. Do not use chemical depilatories. They are too irritating to the skin.
- Eat a light meal for breakfast and/or lunch before your ALMI procedure. Do not consume any caffeinated beverages (tea, coffee, sodas).
- Wear loose fitting dark clothing to the office. (If you are having facial or hair ALMI procedure, do not wear anything that pulls over the head.) Old sweatshirts and sweatpants are preferred because of possible drainage and staining that may occur after fat harvest in preparation for your treatment.
- Females should wear a sports/jog bra and have nail polish removed from all fingernails. Male patients can wear old underwear, if they are having the fat harvest performed on the upper torso, because they may become stained following the procedure.
- Please leave your jewelry at home. Apply no makeup, body moisturizers, powders, or deodorants the day of your procedure. For ALMI hair, please make sure the scalp is clean with no cosmetics on the day of the procedure.



- Please make arrangements for someone to drive you to the office and return home with you. While we try our best to estimate the time of your stay in our office, it is possible that you will be here longer than anticipated. Please keep that in mind when arranging for your ride home.
- Please have the following items available at home for post care: stacks of gauze and antibiotic ointment (polysporin).
- You may be given medications and/or prescriptions for medications. Please have these filled prior to the procedure so they will be available for you to take as directed. Bring all medications we prescribe to the office on the day of your procedure. If you have any questions regarding your medications, please call our office.
- You may use Arnica Montana and Vitamin K1 (Mephyton). These items can be purchased at the office, Wild Oats, GNC or other health food and vitamin stores. They should be taken for one-week pre and post-ALMI procedure to help decrease any swelling and bruising.

MEDICATION PRECAUTIONS FOR PATIENTS RECEIVING ALMI PROCEDURE:

These instructions are to be followed before and after your ALMI procedure.

- Inform use of any and all medications you are currently taking. Both pharmaceutical and herbal.
- If you need to go off of any prescription medications please check with the prescribing doctor before discontinuing your therapy.
- Prior to receiving ALMI procedure, please do not take any medications that contain aspirin, or blood thinners of any type (pharmaceutical or herbal).
- Do not take any pain medication other than Tylenol for 4 days prior to your procedure. Please check all prescription/non-prescription medications you are currently taking.

If you have any questions about these instructions or the procedure, please contact us at 949-748-3880.