








Sono Bello

Pre-Procedure Tips


Your procedure day is just around the corner. Please take a moment to review the information below in preparation.

One Week Pre-Procedure


-  Stop taking any form of aspirin, ibuprofen, or stimulants, including nasal sprays, cold and diet medications, etc. If you are taking any form of blood thinners, consult your primary care physician for instructions regarding these medications, and be prepared to share this information with your Sono Bello surgeon prior to your procedure.
-  Avoid all tobacco products.
-  Drink 1-2 liters of water per day. Proper hydration is crucial for a speedy recovery.
-  Please contact our office immediately if your health has changed recently due to rash, skin infection, an open wound or respiratory infection.



For TriSculpt E/X patients: Increase your lean protein intake (i.e. chicken, fish, tofu, beans and lentils). Protein serves as the main building blocks for repair and wound healing.




Please make sure to fill all prescriptions given to you by your Sono Bello physician at your pre-op appointment.




If you are diabetic and take insulin, plan to bring this with you on the day of surgery.

Day of Procedure



Bathe and wash your hair the night before and the morning of surgery using an antibacterial soap. Remove all nail polish. If possible, avoid applying any creams, lotion, oils, make up, hair gel, perfume or powders. We will ask you to refrain from showering for 24 hours post procedure.



Wear dark-colored, loose-fitting clothing that will be easy to get on and off—preferably without having to go over your head. We recommend bringing warm socks and a change of underclothes. Please note that clothing may become soiled and need to be discarded.



Eat a light meal before surgery.



Use large towels to protect car, bedding, seating,

etc. from anticipated drainage.



Your center staff will notify you of your check in time 48 hours before your procedure.



You should have already filled your Sono Bello prescription given to you by your Sono Bello physician at your pre-op appointment. You may leave these prescriptions at home as they are for you to take following your surgery. If you take insulin for diabetes or use a CPAP machine for sleep apnea, please bring it with you to surgery. Please continue to take all prescriptions prescribed by your primary care/specialist/ outside physician unless directed otherwise by your treating Sono Bello physician.



Do not bring any jewelry or valuables. You assume full responsibility for your personal belongings.








Please note that you must have a responsible adult drive you home after your procedure and remain with you for the first 24 hours of recovery. This person will have to sign you out after your procedure. Please take this opportunity to remind them of your appointment time.

Post-Procedure Items Needed

After your procedure, we will send you home with a post-procedure kit that will cover your basic recovery

needs for 1 to 2 days. You will need additional supplies, so take this opportunity to gather the following items:

-  Ibuprofen or Extra Strength Tylenol
-  Loose-fitting clothing and warm socks to wear after your procedure. Dark-colored clothing or clothes you do not mind discarding are recommended due to drainage.
-  Bed sheets that you don't mind having stained. As noted above, post-procedure drainage is normal.
-  Additional large poise/maxi pads for drainage
-  Any medications you have been prescribed

Should you have any questions about the information in this document please contact your center directly.

You can also refer to the Patient Instructions and Laser Assisted Body Contouring sheet that was provided to you at the time you booked your procedure.

Looking forward to seeing you soon!