

The Cosmetic Concierge

Post-op Care Packages, Caregiving, & Lodging

Created so that our patients don't have to worry about a thing!

❖ Post-op Care Package:

A full description of the contents and their purpose is found on the back of this sheet.

Contents include:

- Maternity Pads/Absorbent Pads
- Arnica Montana and Dulcolax/Bisacodyl
- Additional post-surgical dressings (garment, wrap, bra, binder, etc.)
- Adult Diapers and Shower Liner (Lipo Package Only)
- 5g Stratpharma Kit

Cost:

Package with Additional Binder, Bra, or Face Wrap	\$125	(top surgery, breast aug, or face procedures)
Package with Additional Garment	\$225	(liposuction)

❖ Post-Operative Caregiving Services:

Home Watch Caregivers

<https://www.homewatchcaregivers.com/charlotte/>
(704) 270-2515

Personal care for post-surgical patients.

❖ Nearby Hotels: (Trip Advisor rated)

- Hilton Garden Inn Uptown: 0.6 miles ★★★★★
508 E Martin Luther King Jr Blvd, Charlotte, NC 28202
Phone #: 704-347-5972
- Holiday Inn Charlotte Center City: 1.0 miles ★★★★★
230 N College St, Charlotte, NC 28202
Phone #: 704-335-5400
- Home2Suites: 0.5 miles ★★★★★
610 S Caldwell St, Charlotte, NC 28202
Phone #: 980-500-0085
- Hyatt House Charlotte Center City: 0.9 miles ★★★★★
435 E Trade St, Charlotte, NC 28202
Phone #: 704-373-9700
- Residence Inn Uptown: 0.7 miles ★★★★★
404 S Mint St, Charlotte, NC 28202
Phone #: 704-340-4000
- Westin Charlotte Uptown: 0.4 miles ★★★★★
601 S. College St, Charlotte NC 28202
Phone #: 704-335-2600

Post-op Care Package Contents:

❖ ***Absorbent Pads/ Depends/ Chuck Pads***

We know many surgeries, particularly those which include liposuction, will result in a normal drainage of fluid for several days. Your package includes absorbent pads to protect your skin and clothing during this time. For patients having body liposuction, this will also include adult diapers to absorb drainage (not because you will not be able to use the bathroom) and a shower liner to protect your vehicle and furniture.

❖ ***Arnica Montana***

The amazing Arnica is an herb that has earned its reputation for dramatic healing properties. Arnica Montana, also known as bruisewort, Leopard's Bane and Wolf's Bane, belongs to the daisy family. Arnica is well-known for treating injuries and bruises and decreasing swelling after surgery. Its anti-bacterial and anti-inflammatory qualities help reduce pain and swelling while improving wound healing.

❖ ***Dulcolax/Bisacodyl***

A gentle laxative to be taken as needed for the constipation which can be caused by pain medications, decreased exercise and anesthesia after surgical procedures.

❖ ***Additional Post-Surgical Dressings***

Your package includes an extra post-surgical bra, wrap, or garment specifically for your procedure. This will allow you to alternate and wash your garments. Garments and binders may be washed by hand or on a gentle machine cycle and then allowed to air-dry.

❖ ***Stratpharma Scar Treatment Kit***

Your complete, post-procedural care kit, providing advanced wound healing and professional scar management. This kit comes with both **Stratamed** and **Strataderm**.

- **Stratamed** is an advanced, film-forming, wound dressing. Stratamed can be applied immediately post-procedure and reduces downtime by creating an optimal environment for faster healing. Stratamed dries to form a thin, flexible, protective layer that is breathable and waterproof. It hydrates and protects comprised skin from chemical and microbial invasion.
- **Strataderm** is a once-a-day professional scar therapy gel for use on all types of scars, including those resulting from general and cosmetic surgery. After the wound is healed, or closed, you may begin using Strataderm to help manage abnormal and excessive scar formation.