Precautions after LAMS

Possible Symptoms



Dizziness

You may experience dizziness repeatedly for the 24 hours after the procedure. If it happens, please sit down unti it improves, and try to move slowly when it gets better.
*Such symptoms as hand shaking and palpitations will also disappear quickly.



Post-procedure Symptoms

You may experience such symptoms as numbness, edema, slight pain, injection marks, bruising, and lumps in the LAMS area, These are all normal reactions, and they will naturally disappear in a matter of weeks. You also might see a skin flare around the LAMS injection area, and it may sting, büt it wil also recover gradually.



Flow of Fluids

The injected LAMS fluid may leak out from the LAMS puncture points, and it may look red.
* In case the fluid leaks out a lot, you can wipe it off with a clean towel or change the gauze to a new one. When changing the gauze, do it slowly to avoid skin damage, disinfect the area with the Povidone-lodine, and then replace it with a new gauze.



Showering

You can shower 24 hours after the LAMS,
* Please avoid saunas and bathing in a tub until the scab is formed on a wound, After showing, make sure to dry the wound area thoroughly.



Steri-Strip

Do not intentionally remove the Steri-Strip (wound closure strip) during showering or daily activities. Let it fall off naturally.

When Can I?



Sports

Light exercises such as walking and stretching are possible on the LAMS day.
*The recovery time is individual but it's best to avoid excessive exercise for 1-2 weeks.



Sufficient Hydration

Drinking enough water helps the recovery by healing edema and improving circulation.

Avoid



NO Acupressure • Massage

Please avoid applying strong pressure to the LAMS area including acupressure massages for one week after the LAMS in order to avoid a severe bruising.



NO Cold & Hot Compress

Due to the numbness after the LAMS, you skin sensitivity may be lost for some time.
Please avoid the use of cold and hot compress, electric blankets for about a week.

* Please keep taking the prescribed medication for 3 days to prevent infection.
* For the best results of the LAMS procedure, please visit the hospital for the aftercare within 6~10 days, and control your weight!

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