

## Being a Second in Dr. Stutz's WAL Liposuction by Dr. Karen Herbst

Thank you for being the support (the second) for your beautiful lippie lady ("the patient") as she undergoes lymph sparing water jet assisted liposuction with Dr. Josef Stutz in Bad Steben, Germany.

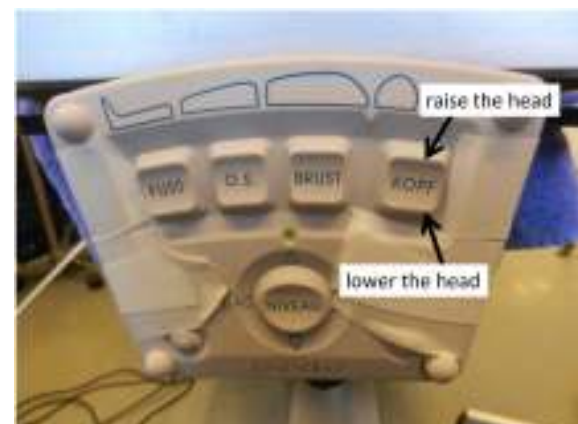
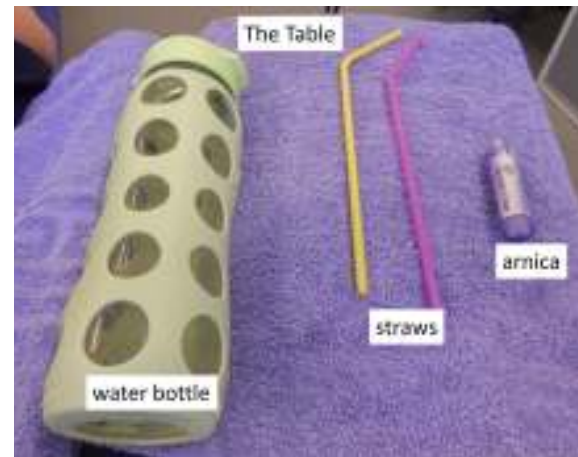
### Things to Bring

1. Two water bottles or a large water bottle and some arnica tablets.
2. You may want a water bottle for yourself as it gets hot in the surgery room. You can also leave for a few minutes, drink some water or use the facilities and return.
3. You might want to bring some covers for your car seat for the ride back to the hotel as your patient will leak; Dr. Stutz will also supply you with pads.



### After Arriving at the Clinic

4. When you are getting ready to go into the liposuction room, there is a change room on the 2<sup>nd</sup> floor where you will don scrubs, a head cover and a face mask (**see Figure**). The face mask is so that when Dr. Stutz pulls out the cannula from the tissue and sprays you with fluid that it does not get into your mouth and nose. The hair cover prevents your hair from contaminating the room.
5. Sit on a small round blue stool near the window at the head of the table that has a head attachment that allows the patient to lie on her stomach and still breathe through a padded open space, like a massage table.
6. Make sure that there is a small silver table on the right side of the patient (**see Figure**). If the staff does not put towels on the table, ask for a small towel on which you put the water bottle and the arnica. If the water bottle has a large opening, you can get straws from the kitchen.
7. Your patient may use the towel-covered silver table to rest her right arm on when she is lying on her back or her right hip.
8. Give your patient sips of water throughout the surgery so she does not get dehydrated. If she is not thirsty and refuses the water at that time, don't worry. You may give her 2-3 arnica tablets or 3-5 of the small arnica balls every 30 minutes to help reduce bruising and inflammation. According to Dr. Stutz, it cannot hurt you to take arnica. Some people also add arnica to the water.
9. You can help the patient during the surgery by raising the head attachment when they sit up and lowering it when they lie down. To raise the head, push on the top of the button labeled "kopf" meaning head (**see Figure**). To lower, push on the bottom of the same button.
10. There is also a small blue pillow that your patient can use during the surgery to improve her comfort level. Make sure the pillow is covered in a towel.
11. Also make sure the arm rest to the left of the patient is also covered with a towel as if not, your patient's arm will get sticky when she uses it to help her stay stable as she lies on her right hip.
12. If your patient feels cold, you can ask for a heating pad. Try and ask for this prior to the surgery starting.



13. Make sure that the after surgery garment is warming on the radiator (**see Figure**).
14. If your patient becomes anxious during the surgery, use talk therapy to distract them. Ask them about a current subject they are interested in, remind them of a fun time you had together, ask them their favorite color, about work, family, pets, etc. This not only reduces anxiety but time flies by faster.
15. Try and stay out of the staff's way during the procedure.
16. Do not try and be helpful during the surgery unless asked.
17. Take pictures but be discrete.
18. If your patient is a little dizzy or fatigued after the surgery, ask for some camphor and sugar. The staff will add 20 drops of camphor to a sugar cube which your patient eats. It acts like smelling salts.



GOOD LUCK!!