



PREPARATION
FOR A
BBL

OFFICIAL GLOSSARY
LIVE YOUTUBE CLASS

www.ogeerecovery.com

©2023 Karl William Schwarz MD

HELLO!

Thank you so much for joining my class. In this document I will be providing you some keywords and terms that are essential to know during this live session.

Please make sure that you go over these words before entering the class to have a better understanding of all the information that I'm going to be sharing with you.

RECOVERY PRODUCTS

ABD PADS

Abdominal pads high absorbent to control bleeding.

ANTI-EMBOLISM STOCKINGS

Compression stocking to increase circulation and prevent blood clots.

BOARD

Small board hard material that goes at the front of your stomach designed to provide abdominal compression to prevent seromas.

BBL PILLOW

Curve like pillow designed for sitting on 2 weeks after a BBL to avoid putting pressure on your buttocks.

CHUCK PADS or CHUX PADS

Absorbent pads to protect bedding and sheets. (Doggy pee pad).

FOAMS

Foam material designed to fit inside the faja for comfort and protection of the skin and to help fill in dead space between the skin and faja.

OGEE FAJA

Compression garment designed to shape your body after having surgery while helping you limit bleeding and reduce swelling.

OGEE ROLLER

State-of-the-art rolling device that manipulates the skin using pressure, and texture, to smooth skin and prevent fibrosis.

OGEE SCAR GEL

A silicon-based gel with a vibrating roll-on applicator head, this method expedites healing and helps to eliminate the appearance of scars.

OGEE SCAR STRIP

Silicone sheets to use on your incisions to minimize surgical scars. Also good for lipo burns.

OGEE RECOVERY

A company designed specifically to improve results from plastic surgery by improving the recovery.

LABORATORIES

- **CBC** (complete blood count)
- **BMP** (basic metabolic panel)
- **PT, PTT** (blood clotting)
- **TSH, T3, T4** (thyroid hormones)
- **BHcG** (pregnancy determination)
- **A1C** (long-term glucose control)
- **HIV** (test for viral infection)
- **EKG** (heart conditions)

TERMS

ABSCESS

Infection that is deeper. These complications occur because a collection of bacteria meets white blood cells, creating pus.

ANALGESIA

Loss or diminution of the ability to feel pain.

ANEMIA

Complete blood count resulting in low hemoglobin level.

ARM LIPO

Liposuction in the arms area.

BLOOD CLOTTING

Also called coagulation, is an important process that prevents excessive bleeding when a blood vessel is injured.

BLOOD THINNERS

Medicines that prevent blood clots from forming.

BMI

Body mass index.

BUFFALO HUMP

Hump between the shoulders and at the back of the neck.

CANNULA

Hollow tube, to remove the fat, it has tiny holes that work a lot like a vacuum. It goes inside the body and suctions the fat out.

CAREGIVER

Person meant to support you and prevent any possible issues even when you are fresh out of surgery, from making sure you aren't sitting to ensuring you sleep on your belly and walk regularly.

CELL SAVER

Removes lipo fluid, and other components that are not blood, separates to just the blood, and transfuses the blood from the machine back into the body.

CELLULITIS

An infection limited to the skin, treated with oral antibiotics.

CHIN LIPO

Liposuction in the area of our chin.

CONCAVE LINE

Line that goes in and is achieved with liposuction. Part of the Ogee line.

CONTRAINDICATION

Specific situation in which a drug, procedure, or surgery should not be used because it may be harmful to the person.

CONVEX LINE

Line that goes out and it's achieved with grafting fat. Part of the Ogee line.

COSMETIC SURGEON

Focuses on aesthetic procedures, not plastic surgery.

DNA

Deoxyribonucleic acid, the genetic information that parents passes on their biological children.

DRAINAGE

The loss of fluid through your liposuction incisions following liposuction, which usually occurs during the first 48 hours after surgery.

EXTERNAL FAT

Cushy kind of fat that lives below your skin—it is removable by liposuction. Internal fat, also known as visceral fat is not removable with liposuction.

FAT EMBOLISM

A bit of fat, blood or any foreign object gets into a large vein, travels to the heart and is pumped into the lungs. Once it gets to the lungs, an embolism blocks the flow of blood to the lungs and other organs, which can cause severe complications and even death.

FAT CELLS

Cells specialized for the storage of energy in the form of triglycerides.

FAT NECROSIS

Necrosis means death. Fat necrosis means that some of the fat has not survived after it was transferred and can become a firm, round, hard, all

because dead fat heals with calcification.

FEVER

Temporary increase in the body's temperature usually in response to infection and is considered to occur when your temperature is over 101.5°F.

FIBROSIS

Scar tissue after liposuction characterized by firm little bumps under the skin very lumpy parents to skin typically in the abdomen.

GLUTEUS

The gluteal region is an anatomically important area at the posterior aspect of the pelvis, which contains muscles critical to dynamic movements and upright stability of humans.

HEALTHY FAT

"Good" unsaturated fats, foods high in good fats include vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds, and fish.

HEMATOMA

Blood collection in an extravascular space and is named according to the location of the blood collection.

HEMOGLOBIN

Protein contained in red blood cells that is responsible for delivery of oxygen to the tissues. And iron molecule inside the red blood cell binds to the oxygen molecule.

INFECTION

Occurs when there is an overgrowth of bacteria. Simply having bacteria found on the skin it's not an infection of the skin. The bacteria have to be present in sufficient quantities to actually cause an infection.

INTERNAL FAT

Fat that lives just under the abdominal wall (visceral fat) in the organs and other viscera, including the peritoneum, that is not removable by liposuction. Only fat anterior to the abdominal wall is removable by liposuction, and this is called external fat.

IV

Intravenous line. Soft, flexible tube placed inside a vein, usually in the hand or arm to allow for the administration of fluid during surgery.

KEY AREA

Triangle-like space that lives below the love handle and above the butt, to create an Ogee Line. A very important area for liposuction.

LIPOSUCTION BURNS

Caused by a lack of blood supply to the skin. The area of skin that lives over where the blood supply has been disrupted will look like a burn but technically is caused by a lack of oxygen and has nothing to do with an actual burn.

LOCAL ANESTHESIA

A numbing agent used to perform small bedside procedures, and also added to fluid during liposuction to provide pain relief after surgery and during the operation.

LYMPHATIC MASSAGE

Soft massage that happens post-op and works fluid along the lymph vessel line. Very different specialist in manual lymphatic drainage. The massage very late pressure on the skin to open up the lymphatic channels and move the fluid to the lymph nodes to help the body get rid of swelling.

MEDICAL CLEARANCE

The purpose of a medical clearance is to identify specific health needs and medical conditions that may require specialty management, follow-up or monitoring.

OGEE BBL

Combines liposuction (Ogee Lipo®) through your back, waist and key area, and redepositing and blending the fat removed during Ogee Lipo® back into your hips, butt, and thighs.

OGEE LINE

Frequently occurring line in architecture and nature.

OGEE LIPO

Liposuction technique following the concept of ogee line.

OIL CYST

Abscess-like cyst that develops without pain when oil isn't absorbed – takes a very long time to develop.

OR

Operating room.

PACU

Post anesthesia care unit—this is where patients recover from anesthesia and surgery.

POD

Post operative day.

POST- OP (POST-OPERATIVE)

After the surgery.

PRE-OP (PRE-OPERATIVE)

Before the surgery.

PROJECTION

The distance that the buttock will extend out from the rest of the frame of the body.

PULMONARY EMBOLI

Blood clot that travels to the lungs. Like a fat embolism – it blocks the blood flow in your lungs, limiting blood circulation through the lungs and oxygen that can get into the blood.

REALSELF

A healthcare marketplace where consumers research aesthetic treatments and connect with physicians.

REVISION

Areas after surgery that the patient isn't totally happy with and think need further adjustments typically performed one year after surgery.

SADDLEBAGS

Small deposits of fat on the outside of the hip, will be blended to create a smooth hip and Ogee Line during a BBL.

SCAR

Body's natural way of healing after an injury.

SCAR TREATMENT

Combination of using silicone gel and strips to reduce appearance of scars after surgery.

SEROMA

Fluid buildup underneath the skin, following liposuction, that usually requires

drainage by placing the needle through the skin into the seroma fluid. Typically just lymphatic fluid.

SKINNY BBL

Same as any BBL, except that generally, they're done on women with less fat.

SKIN REDNESS

Abnormal redness on the skin.

SQUAT

Exercise that works the leg muscles.

STRETCH MARKS

A stretch mark is a type of scar that develops when our skin stretches or shrinks quickly. These are permanent and not correctable with any treatment.

SURGICAL INCISION

Cut through the skin that is made during surgery to allow access for liposuction.

TOUCH THERAPY

Just touch (rub, firm, gentle, light, heavy) using your hands all areas of liposuction and buttocks. This is not to a massage; touch performs to generation and prevent the electrical shocks that can happen after liposuction.

ULTRASOUND

Imaging test that uses sound waves to visualize organs, tissues, and other structures inside your body. Use during a BBL to prevent injection of fat deep to the gluteal fascia, and prevent a fat emboli.

URINARY CATHETER

Tube placed in the bladder to drain and collect urine while you sleep and to monitor urinary output.

UTI

Urinary tract infection.

VECTOR

Interaction between the spine and the pelvis.

VECTOR NEGATIVE

The top of their butt projects out more than the bottom. It's almost like the pelvis tilts inward, and there is little to no volume.

VECTOR POSITIVE

Tend to be a bit curvier and often appear more athletic. They have more tilt to their pelvis, and their butt pokes out a little more than someone neutral.

VITALS SIGNS

Measure the basic functions of your body. They include your body temperature, blood pressure, pulse and respiratory (breathing) rate.

VOLUME

The amount of fat we place during a BBL measured in milliliters.

WAIST TRAINER

Shaping garment similar to a girdle. The waist trainer pulls a person's midsection in as tight as possible but the effects are only temporary.