



LIPOSUCTION PATIENT INSTRUCTIONS

Before Surgery

- Arrange to have a friend or family member drive you to and from the office on the day of surgery, and plan to stay with you for 24 hours following surgery. Be sure to schedule a follow-up appointment for 10 days following surgery at the time of your pre-op appointment.
- Avoid all medications and herbal supplements on the attached list for 10 days prior to surgery and five days following surgery, as these products increase your risk of bleeding or bruising.
- Avoid cigarette smoking for three weeks prior to surgery and two weeks following surgery. Avoid alcohol for 48 hours prior to surgery and five days following surgery to decrease complications of bleeding or bruising.
- Fill prescriptions for antibiotics and pain medication prior to surgery. Begin taking antibiotics as directed and be sure to finish the prescriptions.
- Be sure to have plenty of fluids on hand to drink after surgery. We recommend 16 to 32 oz. of additional low-sodium fluids daily for at least three days following liposuction.
- Pink-tinged drainage following the procedure is normal for the first 24 to 72 hours and a towel placed on bedding or furniture should be sufficient to protect surfaces.
- Shower with Hibiclens antibacterial cleanser the day before and the day of surgery.

- Do not consume beverages containing caffeine for 24 hours prior to your procedure

Day of Surgery

- Eat a light breakfast on the day of surgery.
- Wear elastic waist pants and a button-down shirt. It is advisable to wear something that you wouldn't mind staining, as there may be some drainage following surgery. Men should bring an extra pair of underwear to be worn during surgery.
- Take the one tablet of diazepam (valium) one hour prior to your procedure.
- Plan to arrive at the office thirty minutes prior to your appointment time. Be sure to leave the name and phone number of your transportation contact with the nurse when you check in, as well as any plans for contact with the family.
- Do not wear or bring makeup, jewelry or contact lenses with you.
- Plan to be at the office for two to four hours, depending on the extent of surgery.

Following Surgery

- Rest is recommended for the day of surgery. The day after surgery you may resume normal household activities, including walking, but should not resume strenuous activity or aerobic exercise for 7 to 10 days.
- Be sure to drink plenty of fluids and eat a normal diet as tolerated.
- You may take Extra Strength Tylenol according to package directions for minor discomfort, or you prescribed pain medication as directed for more significant pain if required. Ice packs help reduce swelling, bruising and pain for facial or neck procedures and should be applied for 5 to 10 minute intervals during the first 24-48 hours following surgery.
- Body garments should be worn around the clock except for shower times until your next appointment. Chin straps should be worn around the clock for the first 48 hours, then worn 12 hours daily until your next appointment. Garments may be removed approximately 72 hours after surgery to be washed and dried, and then should be reapplied following your shower and dressing change.

- The dressings applied following surgery should be left in place for 48 hours. You may add additional pads if drainage is brisk. After 48 hours, remove and wash garments, shower, apply Polysporin ointment and band-aids to incision sites, and apply fresh Poise pads to any areas still draining.
- Thereafter, incision sites should be washed daily with soap and water and covered with Polysporin ointment and a band-aid until healed.
- Garments can be hand washed or washed in a gentle cycle and dried on low heat. You may be given support hose to wear for several days following surgery if your thighs, calves or knees were treated.
- Complete the prescription of oral antibiotics to prevent infection.
- Bruising and swelling are normal in the suctioned areas and usually increase slightly after the removal of any tape. The bruising will decrease over two weeks, but may last as long as six weeks. The swelling takes as long as four to six months to disappear completely, although you should see vast improvement after one month. The compression garment helps to reduce the swelling and encourages the skin to tighten and redrape over the areas of liposculpture. Scattered numbness in the suctioned areas occurs occasionally and will disappear within a few weeks. As you heal, the suctioned areas may appear “lumpy” and irregular this decreases with time and massaging those areas will hasten their disappearance. If you work keeps you sedentary, you may return to work whenever you feel up to it. If your work is strenuous, wait until your work activity does not cause pain. Wait at least one week following surgery to begin aerobic activity.