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## PREOPERATIVE INSTRUCTIONS

1. Quit smoking
2. No food or drink (including water) for 12 hours prior to surgery.
3. Before coming to the hospital, wash the surgical area with any bath soap. Wear no make-up. Dress comfortably. Women: Do not wear any pantyhose.
4. *IMPORTANT*: no aspirin, ibuprofen products prior to surgery. Remind the doctor of any allergies you have to drugs.
5. Have all prescription filled prior to surgery. Please start your antibiotic the day before surgery.
6. *All* patients that have IV sedations require someone to drive them home after surgery.
7. Do *not* operate any vehicle or any other equipment for 24 hours following your surgery.
8. Bring insurance or medical cards on the day of surgery.
9. If your insurance requires authorization a referral, please obtain this several days prior to your office visit.
10. If your patient is a minor, a parent or guardian **MUST** be present to sign the operative consent the day of surgery.
11. Non-cosmetic patients: Check with your family doctor to see if they would prefer you to have the pre-op testing done in their facility. Pre-op testing should be done three weeks prior to your surgery.
12. If you have any questions, please feel free to ask.

# Liposuction Surgery



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## How should I prepare for surgery?

Complete all pre-testing and lab work 3 weeks prior to your surgery.

Antibiotics will be prescribed. Take as prescribed and complete. Please alert the physician of any allergies to medications.

Fill your prescriptions prior to your surgery. Antibiotics will be started the day before surgery. Other medications will be used for after surgery.

Pain medication is prescribed to alleviate your discomfort.

Discontinue the use of aspirin or aspirin containing products 2 weeks prior to surgery. Notify Dr. Paré if you are taking a blood thinner. Do not take Vitamin E above 400 U/day because it may increase bruising.

Notify the doctor if you or any family members have had any blood coagulation problems.

You may consider Zofran to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

If you think you may have difficulty sleeping, Tylenol PM or Advil PM may be used.

**Arnica** may be used to prevent bruising and may be ordered by calling (724)-942-5800 (Sunny Bridge Natural Foods). You may use **Arnica** by taking 4 tablets 4 times a day for 1 week, starting 1 day prior to surgery.

You may want to begin taking yogurt with active cultures daily following surgery.

No makeup, contact lenses, jewelry, hairpins, or false eyelashes on the day of surgery. Do not wear pantyhose or girdles. Remove nail polish, For acrylic nails, remove the acrylic on the right index finger.

Comfortable, loose fitting pajamas and clothing are recommended following surgery. Button up front shirts are preferable to pulling them over your head.

Wear flat shoes that are easy to get in and out of.

Have on hand ice bags, non-sterile gauze, and fluids such as Gatorade and juices for after surgery.

Do not eat anything after midnight on the evening before your surgery.

Purchase an appropriate garment (long line girdle or running pants) or speak to our staff about ordering a garment for you. You will need to bring this garment with you to the hospital.

Because there may be some drainage take a heavy towel or garbage bag with you to the hospital so that you may use it in your car seat post operatively.

Call the office to report any illness or cold symptoms within one week of surgery.

## What Should I Expect The Following Day After Surgery?

Apply ice for the first 24-48 hours, 45 minutes out of the hour while awake.

No restrictions on diet. You may want to start with fluids and advance to a regular diet.

Drink 8 oz. of fluid every hour for the first 24 hours. No carbonated or caffeinated drinks.

Take all antibiotics until gone. Pain medication should be taken, as needed, every four hours, with food to avoid stomach upset.

Wear supportive garment at all times. Loosen and reapply garment every few hours. Garment will need to be worn for 4-6 weeks.

Change gauze as needed.

Leave Steri-strips on incision until they fall off on their own. If they fall off, you may clean the suture lines with soap and water several times a day.

You can expect some bruising and swelling. This will take approximately 2-4 weeks to resolve. Final result will be accomplished in 3-4 months.

You may shower after 24 hours. Re-apply garment.

No active exercise for 4 weeks.

Call our office if you experience excessive bleeding, nausea or vomiting, or fever of 101 degrees or higher.