

BEFORE LIPOSUCTION INSTRUCTIONS[®]

Our office wants to provide you with the very best surgical care. You can help to minimize the risk of complications by carefully reading and following your preoperative and postoperative instructions. Ask us to clarify any item about which you have questions.

1. For seven (7) days before surgery do not take ASPIRIN (Anacin, or Bufferin, or Baby Aspirin) or **IBUPROFEN** (Advil, Motrin, or Nuprin), or **NAPROXEN** (Aleve) or any other Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) that impair platelet function in the normal blood-clotting process. It is permissible to take acetaminophen (Tylenol or Anacin-3).

Please see page 7 for a list of common drugs that contain aspirin.

2. Do not take decongestants such as Sudafed™ or Actifed™ for 5 days before surgery. Do not take appetite suppressants such as phentermine (Fastin) for at least 2 weeks before surgery. Do not take Zoloft or other antidepressants and all herbal remedies, unless specifically approved by your surgeon, for two (2) weeks before surgery. Please see page 6 for list of drugs that might have adverse drug interactions with the local anesthetic lidocaine.

3. Avoiding alcohol. We suggest no alcohol during the two days before and two days after surgery (alcohol decreases resistance to infection). Otherwise drinking a small amount of alcohol (for example no more than a glass of wine or beer per day) is permissible during the other days of the week before and after surgery. Avoid red wine for 4 days before surgery to minimize bruising.

4. Do Not Drive Home: Arrange to have someone drive you home after the surgery. It is the patient's responsibility to make prior arrangements to have a responsible adult meet and accompany the patient after surgery.

5. Do not wear unnecessary jewelry, no perfume (deodorant is OK), and minimize use of cosmetics (survival rations only).

6. Diet before surgery: You should eat a **light, low fat** meal, such as toast and juice, fruit, dry cereal and/or non-fat milk no closer than **two** hours prior to surgery. Avoid whole milk, cream, butter, cheese and other foods that are high in fat content as dietary fat slows digestion and delays stomach emptying. Please minimize caffeine the day of surgery. You will be given a snack as soon as surgery is completed.

7. Changing your dressing the morning after surgery is easier if you have someone to help you. You do not need to purchase dressings or garments as they will be provided by our nursing staff and sent home with you after the surgery.

8. Loose Clothing on the day of surgery: There is usually quite a lot of drainage of slightly blood-tinged anesthetic solution after surgery. Since this drainage might stain clothing, we suggest that you choose your clothing with this in mind. Because we will apply elastic support garments on top of some bulky absorbent gauze padding your clothing should be **very loose** and comfortable.

Women: Wear a comfortable bra that you would not mind getting stained from the blue ink that is used to mark the surgical areas. Do not wear an exercise sports bra if you are having liposuction on your abdomen or torso.

Men: Speedo-type swim trunks are the easiest type of garment to wear into the operating room for surgery. Jockey-type underpants are acceptable. Boxer-type underpants are less convenient during the surgery, and may interfere with the surgeon's liposuction technique. Bring extra underpants to wear after surgery.

9. Bring warm socks to prevent cold toes during surgery. If you tend to get cold hands, you are welcome to bring clean mittens (no leather gloves) to wear during the surgery. The operating room is kept relatively warm, about 72 to 75°F.

10. Do not use moisturizers or soap that contains moisturizers for at least a week before surgery. Tape and EKG electrodes will not adhere or stick well to moisturized skin. The ink markers used to outline the areas on your body to be treated by liposuction will rub-off too easily if you have recently used a moisturizer.

11. Towels & Plastic Sheets. Plan ahead and avoid staining the car seat with blood-tinged anesthetic solution: Bring a towel, and a plastic sheet (such as a trash can liner) to cover the car seat during your ride home. **Prior to surgery** pad your bed at home, and your living room chair with towels and plastic. Some

patients have found it comfortable and convenient to place a felt-backed vinyl tablecloth on the bed, with the felt-side up. Be careful to avoid allowing drainage to stain carpets.

12. Do not fast or undergo dramatic weight loss just prior to surgery. All patients should be on a stable, healthy, well balanced diet for at least 2 weeks before surgery. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications, poor wound healing.