



## Pre- and Post-Operative Instructions for Liposuction

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

### **Medications:**

1. No Aspirin or medicines that contain Aspirin\*, NSAIDs, including Ibuprofen (Advil and Motrin), naproxen (Aleve) for two days after your surgery. These medications can interfere with blood clotting.
2. Fill all prescriptions given to you after surgery when leaving the hospital and take as directed.
3. While taking narcotic pain medications, be sure to include an over-the-counter stool softener, and increase your daily fiber intake. Avoid alcohol while taking narcotics.
4. Medication will be prescribed for any pain you may have. However, you may also take any Tylenol products. NOTE: DO NOT take more than 4000mg acetaminophen/Tylenol containing products per day.

### **Pre-Operative Instructions:**

1. Since you will not be allowed to drive after surgery, be sure to make arrangements for someone to pick you up from the hospital when you are discharged.
2. Do not eat or drink anything after midnight the night before surgery. You may brush your teeth and rinse with water and/or mouthwash.
3. Notify the office immediately of any signs of a fever, cold, or infection during the week prior to surgery.
4. We recommend you purchase Chux Underpads from a pharmacy to protect your bedding and linens when you return home. You may also use old bedding
5. If prophylactic antibiotics are required, a prescription be given to you before surgery. Most patients require prescription pain medication only the first or second day after surgery and then use Extra Strength Tylenol if necessary. NOTE: DO NOT take more than 4000mg acetaminophen/Tylenol containing products per day. Remember, many medications, including your narcotic, contain acetaminophen.
6. Shower or bathe the night or morning before surgery. Women should not shave or have hair removal treatments in any area to be treated for 1 week prior to surgery. Men having the face and/or neck treated should shave in the morning, as usual, on the day of surgery. If you are having your arms or bra strap area treated, do not use deodorant. Do not wear any makeup, jewelry, or contact lenses to the operating room. On the day of surgery plan to wear, comfortable clothing (gym attire is appropriate) and flat, comfortable shoes. Support garments for the trunk, thighs, and knees are not necessary.

**Post-Operative Instructions:**

1. Expect to feel swollen, distended, and bruised following surgery. This is to be expected and is due to the swelling in the tissues caused by fat removal.
2. Frequent walking is required. Walk every two hours around the house after surgery during the day.
3. For 1 to 2 days after surgery, bloodstained water will ooze from the incision sites. Oozing, even in large volumes, is normal and not harmful. Underpads will absorb the oozing and keep your linens clean. Some patients have small amounts of oozing that continues beyond 48 hours. Do not be alarmed if your oozing continues up to 1 week after surgery.
4. Results will be apparent 2 to 3 weeks following surgery. It is important to remember that swelling and retraction of the skin will continue to improve for 4 to 6 months following surgery.
5. If your neck and/or chin were suctioned, you may be discharged with a head dressing to keep the area compressed.
6. Do not bend over or lift objects that weigh more than 5 pounds for 3 weeks following surgery.
7. Avoid all strenuous exercise for 2 weeks following surgery; however, light walking is permitted during this time.
8. You may drive after 1 week if you feel comfortable enough to do so. You may fly after 7 to 10 days.

**Refrain from all nicotine products. Nicotine interferes with healthy circulation and may affect the result of your surgery.**

**CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

- A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.

If you have routine questions or concerns, please call the office during regular business hours at (864) 214.5232. If you have urgent concerns after office hours, call the number you were given during your appointment. In case of emergency, call 911.