

Instructions for Liposuction

PRE-OPERATIVE INSTRUCTIONS

- **Medication-** Please provide a list of all medications and supplements you take daily. Three weeks prior to surgery please stop all non-steroidal (NSAID) anti-inflammatory medications and arthritis medications. If you have any questions about your supplements or medications, please ask the doctor.
- **Illness** - If you develop any symptoms of a cold, cough, flu or infection prior to surgery, please notify our office.
- **Compression garment** - The doctor will discuss with you what type of garment is to be worn after surgery. This should be worn for 3 weeks to help reduce post operative swelling. You may remove the garment to shower daily.
- **Pre-op visit** - The doctor will see you in the office one to two weeks prior to surgery to answer questions, obtain surgical consents, perform a physical exam, and give you prescriptions needed for after surgery. At this time we will schedule your post-surgical follow up appointment. Please be sure to bring your list of questions with you to your pre-op visit.
- **Pre-op diet** - DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE since anesthesia requires an empty stomach for the procedure. If you are having your liposuction done in the office with local anesthesia you should eat a light meal prior to the procedure.

DAY OF SURGERY

- **Dress-** We strongly encourage you to wear loose fitting, dark clothes the day of surgery. An old sweatshirt and sweatpants are ideal because of possible drainage that may occur. Please leave all jewelry at home or in another safe place. Wearing a little make-up is fine.
- **Arrival time** - The facility will call you the day before surgery to give you an arrival time. If your surgery is being done in the office we will let you know what time to arrive at your pre-op appointment. Please make arrangements for a friend or family member to bring you to surgery and drive you home.
- **Contact person-** Please give the office staff the phone number to use before and after surgery so we may contact you.
- **Day of surgery** - Wear flat footwear and bring your glasses case or contact lens case with you and label with your name.