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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. Please ask us to clarify any item about which you have questions.

1. **Do not take aspirin** (Anacin, Bufferin, baby aspirin), **ibuprofen** (Advil, Motrin, Nuprin), naproxen (Aleve), or any other nonsteroidal anti-inflammatory drugs (NSAIDs) similar to these medications, for 10 days before surgery; these will promote bleeding and bruising. It is permissible to take acetaminophen (Tylenol, Anacin-3).

2. **Do not drink alcohol for 4 days before surgery**; this might decrease resistance to infections. Similarly red wine, garlic powder supplements, and vitamin E impair normal clotting and can predispose to excessive bleeding, and bruising.

3. **Do not take decongestants**, such as Sudafed or Actifed, for 1 week before surgery. **Do not take appetite suppressants**, such as Fastin (phentermine), for at least 2 weeks before surgery. **Do not take thyroid medication**, such as Synthroid (levothyroxine), on the day of surgery. These drugs can cause the heart to beat too rapidly. **Do not take antidepressants**, such as Zoloft (setraline), and herbal remedies, unless specifically approved by your surgeon, for 2 weeks before surgery.

4. **Do not drive home.** Before the day of the surgery, make arrangements to have someone drive you home from the surgical facility.

5. **Do not wear** unnecessary jewelry; do not apply perfume (deodorant permissible); and minimize use of cosmetics.

6. **Diet before surgery.** Do not eat or drink after midnight the night prior to surgery. Please minimize caffeine the day prior to surgery.

7. **Dressings.** Changing your dressing the morning after surgery can usually be accomplished without assistance, but it is easier if you have someone to help you.

8. **Loose clothing.** There is usually considerable 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.

- a. **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 and exercise sports bra if you are having liposuction on your abdomen or torso.
- b. **Men.** For liposuction of the abdomen or flanks, 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 and may prevent optimal results. Bring extra underpants to wear after surgery.

9. **Socks and mittens.** You will be provided with cloth foot covers, but if your feet easily become cold, 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.

10. **Moisturizers.** Do not use moisturizers or soap that contains moisturizers for at least a week before surgery. 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 applied moisturizer to your skin.

11. **Towels and 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 seat during your ride home. Before surgery, pad your bed at home and your living room chair with towels and plastic. Be careful to avoid allowing drainage to stain carpets.

12. **Weight and diet.** Do not fast or undergo dramatic weight loss just before 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, and poor wound healing.