PRE AND POST OPERATIVE INSTRUCTIONS FOR
SUCTION-ASSISTED LIPECTOMY

BEFORE SURGERY:

1. Do not take aspirin-containing medications, Ibuprofen, St. John’s Wort, or large
doses of Vitamin E for 2 weeks prior to surgery and for 2 weeks following. Contact
your pharmacist if you are unsure if a medication contains aspirin. Tylenol is okay.

2. Absolutely NO SMOKING or use of nicotine-containing products for 2 weeks prior
to surgery.

3. It is important to maintain good nutrition with balanced meals. Drink plenty of fluids.

4. Arrange to have a physical examination by your family physician within 7 days prior
to your surgery.

5. Report to this office if any signs of a cold, infection, skin eruption or fever occurring
1 to 3 days prior to surgery.

6. Arrange for a responsible adult to take you home and remain with you for the first 24
hours after your surgery.

7. DO NOT eat or drink anything after midnight before surgery- not even water. If you
are on any medications, please contact your family physician regarding what
medications must be taken the morning of your surgery.

8. Shower the morning of the surgery. Please us Dial or Lever 2000 soap. Do not apply
any lotion or make-up.

9. Wear loose-fitting, comfortable clothing to the hospital.

10. Bring your admitting orders and physical examination forms with you to the hospital.
AFTER SURGERY:

1. Follow up visits ARE IMPORTANT! Please follow your physician instructions for follow up.

2. Good nutrition and fluid intake is essential to wound healing. Eat well-balanced meals. Drink plenty of fluids.

3. Absolutely NO SMOKING or use of nicotine-containing products.

4. Take the antibiotics and pain medications as directed. Discomfort diminishes appreciably after 48 hours.

5. You may have a drain in for several days if ultrasonic technique has been used. You will be instructed on care of the drain at the time of discharge.

6. Plan to rest frequently with minimal physical activity for 48 hours after your surgery. Try to keep your legs elevated as much as possible. Exercise calves and ankles to prevent phlebitis.

7. The support garment, which is fitted before your surgery, is to be worn continuously for two weeks. After 48 hours it may be removed briefly.

8. No heavy lifting for 1 week. No strenuous exercise until advised by your physician.

9. Bruising and discoloration will peak between 48 and 72 hours and then gradually fade. Discoloration follows gravity and may be noticeable lower on the body as time progresses.

10. Swelling and firmness will diminish gradually over the course of several months. Gentle massage is helpful during this process. It can be 3 to 6 months before the final results are appreciated.

11. Do not drive if you are taking prescription pain medications.

12. Scars will flatten and lighten in color within 12-18 months. A 30 sun block is recommended for 6 months.

13. Remember, same day surgery does not mean same day recovery. Healing is a gradual process. It is normal to be impatient and feel discouraged while waiting for swelling, bruising and discomfort to diminish. Extra rest, a nutritious diet and avoidance of stress are important aids to recovery.
14. Please do not hesitate to call our office with questions or concerns at 612-335-9032.