

Pre & Post Instructions for BODY Liposuction

Pre-operative visit:

- ◆ You will be given a pre-surgery instructions that you will need to follow prior to and the day of surgery: list of supplements & foods to avoid, pre-surgery instruction form
- ◆ You will have antibiotics to take for 5 days starting **the day before** surgery

Indications for liposuction:

- ◆ Liposuction is indicated for those patients who are slightly to moderately overweight and have fat “collections” that are resistant to diet and exercise. It is not meant to be a weight loss treatment.
- ◆ Any contemplated weight loss is strongly recommended before surgery.

Supplies needed prior to procedure for liposuction:

- ◆ Compression undergarment Style #: _____
Company Name and Phone #: _____
- ◆ Some patients prefer to have 2 garments; one to wear and one to wash.
- ◆ **One pack of thick/absorbent maxi-pads** to catch fluid drainage from the incisions
- ◆ Low-salt fluids to drink following your procedure

Day of procedure:

- ◆ Arrive **½ hour prior** to scheduled appointment time
- ◆ Dress in comfortable clothing (sweat suit). Dark clothing is best.
- ◆ Sneakers and warm socks
- ◆ Put old towels on the seats of you car to catch any leaking anesthetic fluid
- ◆ Take your **prescribed antibiotics** starting the day before the surgery **and the morning** of surgery. Resume them upon returning home.
- ◆ Bring your compression garment with you
- ◆ If you are only having oral sedation you **may eat breakfast.**
- ◆ If our nurse anesthetist is giving you anesthesia, then you **may not have anything to eat or drink** starting at 10 pm the night before surgery.

What to expect following liposuction:

- ◆ You will have mild or moderate leakage of the anesthetic fluid from the incision sites.
- ◆ You will be instructed to **walk** for about **½ hour** when you get home to help rid the body of the excess fluid.
- ◆ Bruising may be moderate to severe and can extend to surrounding areas.
- ◆ Bruising can last for 1-4 weeks following the procedure.
- ◆ Results will start to become apparent after 1 week and become more dramatic by 6 weeks. Results will continue to improve for up to 6 months-1 year.
- ◆ You will wear your compression garment 24 hours a day for 1 week then overnight for 6 weeks. You may take it off to shower.
- ◆ You may shower starting the **day after** your procedure. **NO BATHS and NO SWIMMING/JACCUZZI.**
- ◆ Drink and eat only low salt fluids and food for the first 2 days after surgery.