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.