

*Advanced Plastic Surgery & Nouveau Cosmetic Center*

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## **Liposuction Guidelines**

### **Before Your Surgery:**

- Do not take any aspirin, Advil or any medication containing aspirin for two weeks before and two weeks after your surgery. Drugs containing aspirin include: Anacin, Bufferin, Excedrin, Midol, Fiorinal, Percodan, Alka Seltzer and numerous others. Check with your pharmacist if you have questions about blood thinning medications.
- Wear comfortable, loose clothes and a button-up shirt the day of surgery.
- Start an iron supplement (ferrous sulfate) the week before surgery. This is an over-the-counter medication that will help your energy level post-surgery.
- Do not wear any body lotion the day of surgery.
- No smoking, alcohol or Nicorette Gum for three weeks before and after surgery.
- Females: Stop birth control pills or estrogen replacement three weeks before surgery due to the increase in blood clots post-surgery.

### **After Your Surgery:**

- There will be a significant amount of swelling and bruising. Swelling will gradually dissipate. You may not see your final results for months or longer.
- Immediately after surgery and possibly for 48 hours after, oozing from the small incision sites may occur.

### **What To Do:**

- You will wear a stretch support garment continually for 3 – 6 weeks after surgery. This is a very important part of the healing process and plays a key role in your results.
- For suction of the legs, knees, calves and ankles, keep your feet elevated as much as possible. These areas tend to swell the most and for the longest time.
- Your small incision sutures will be removed in 1 – 2 weeks. If the steri-strips fall off or are removed, you can cleanse the area with hydrogen peroxide and then apply an antibiotic ointment.
- You may shower after your first post-operative visit in the office. No tub baths for three weeks.
- No heavy physical exertion, exercise or aerobics for 4 – 6 weeks. You may take walks after the first week.
- When you get home from surgery, drink an 8 oz. glass of Gatorade, fruit juice or water every hour until bedtime. Continue drinking fluids the next few days to replenish your fluid loss and enhance your energy level.
- Medication will be prescribed for discomfort.
- An antibiotic will be prescribed.
- The doctor will inform you the day of surgery when he would like you to return to the office for your first post-operative visit.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Please review this information provided to help in the aid of prepping you pre & post operatively. The doctor and the doctor's assistant will be at your pre-op to answer any questions you have. At your pre-op the doctor's assistant will have a copy of this form for you to sign for our records.