

## PREOP INSTRUCTIONS LIPOSUCTION

Arrive at \_\_\_\_\_ On \_\_\_\_\_. Please call 406-728-3811 the day before your surgery to confirm your arrival. If you are unable to keep your scheduled surgery, please call our office 2 weeks in advance if you need to cancel.

Plan in advance for no strenuous activities or heavy lifting for 7 days. Plan on wearing a compression garment for 24 hours a day for 6 weeks. Plan on approximately 3 months for final outcome.

Please call our office 406-728-3811 and ask for Tiffany to order your compression garment 2 weeks prior to surgery. You will need to have your measurements available to her for your waist, hips, and thighs in inches.

You will need to have a responsible adult drive you home and be with you for 24 hours after your surgery. They should be available to speak with the nurse to receive post op instructions and to get prescriptions filled if needed.

Do not eat or drink anything after midnight the night before surgery if you are scheduled for a morning start time. If you are scheduled in the afternoon, you may have a light breakfast. Do not drink any liquids 4 hours prior to surgery.

- avoid alcoholic beverages for 24 hours before surgery
- do not suck on mints, chew gum, tobacco, or candy

Wear comfortable loose fitting clothing. A button down shirt, easy slip on pants, and flat shoes.

Begin to clean your body with antibacterial soap (ie. Dial, lever 2000, etc.) 2 days prior to your surgery. Do not apply any powder, deodorant, ointment, perfume, or cologne.

For abdominal liposuction, please shave pubic area prior to surgery (ie. Belly button area and down approx 18-20 cm). Please call if questions.

Do not wear anything made of metal such as a watch, rings, earrings, necklace, or any body piercings.

Do not smoke or be around smokers for 2 weeks prior to and after surgery. This can delay and compromise healing time.

Do not wear your contact lenses.

Do not take aspirin, ibuprofen, and Vit E products for 2 weeks prior to and after surgery. You may take Tylenol if experiencing pain.

Start taking VitaMedica Healing Supplements (supplied to you through our office) 3 days prior to surgery. Read the contraindications on the vitamin box. If you have any of the listed contraindications, do not take and call our office and ask to speak to the nurse.

Check with your surgeon or his nurse regarding the medications you should take the morning of surgery. A general rule is that heart and blood pressure medications should be taken with a small sip of water. Diabetic dosages may vary according to your diabetic doctor's orders.

Northwest Plastic Surgery will write or call in your prescriptions to your pharmacy in accordance to the procedure you are having done. Pick up these medications prior to your procedure and bring them with you to your appointment. **DO NOT TAKE THE MEDICATIONS PRIOR TO YOUR APPOINTMENT.** Your surgeon will give them to you with a sip of water prior to your procedure.

Make sure that all your financial obligations have been met with the office 2 weeks before surgery. If not, you run the chance of having your surgery cancelled.

Please do not schedule any commitments, trips, exercising for 14 days post surgery.

Supplies to have prepared prior to coming home from surgery:

- antibiotic ointment ie.polysporin
- ice and zip lock bags
- thermometer
- over-the-counter gentle laxative and stool softener
- extra towels or bed coverings to lay underneath your surgical site for drainage.

## POST OP INSTRUCTIONS LIPOSUCTION

### Office Hours:

Weekdays: 9:00am – 5:00pm: for any abnormalities or emergencies call 406-728-3811.  
After hours & Weekends: call the office 406-729-3811 and ask to have your surgeon paged.

Call the office immediately if you have:

- a temperature of 101 or greater
- redness that's beginning to spread away from the incision site
- any unusually painful swelling
- any active bleeding saturating more than a 4x4 gauze (light pink "Hawaiian punch" colored drainage is normal)
- any purulent "pus like" drainage coming from the incision site
- pain that is not relieved by your pain medication

### ACTIVITY:

Avoid any strenuous activities or heavy lifting for 14 days. You may begin an exercise program 14 days after surgery, dependent upon your level of discomfort and drainage.

Do not engage in sexual activity for at least 1 week after surgery.

Do not operate a motor vehicle:

- until you can handle the steering wheel and gas pedal without causing any discomfort.
- within 24 hours of taking prescribed pain medication.
- do not apply any heating devices to any areas of numbness. You may burn yourself without even knowing it.

Avoid excessive heat (ie. Bath tubs, Hot tubs, saunas, etc.) for 4 weeks after surgery.

### DRESSINGS:

You may remove the dressings in 24 hours and then shower. You can replace the dressings as needed for drainage. You may apply an antibiotic ointment to the incision sites twice per day. (ie. Polysporin)

If you have steri strips, leave them in place. They will fall off in 5-7 days.

**Wear your compression garment for 24 hours a day for 6 weeks. You may remove it to take a shower or to wash it, then put it right back on. You may wear a smooth garment under your compression garment.**

**MEDICATION:**

Take your prescribed medications as ordered. Take your antibiotics until they're all gone.

Do not take aspirin, ibuprofen, and Vit E products for 2 weeks after your surgery. You may take Tylenol if experience pain.

Pain medication, anesthesia, and a lack of exercise can cause you to have bowel problems. If you are constipated you may take a gentle over the counter laxative and stool softener.

Remember to drink extra fluids (8-10) 12 oz. glasses of water, powerade, etc.(not soda and coffee) per day.

**OTHER:**

Do not smoke or be around smokers for 2 weeks after surgery.

Plan on approximately 3 months for final outcome. Occasionally patients will experience a feeling of localized texture changes in the skin (hardness or a lumpy feeling) which will resolve over time or expedited with ultrasound through our office. Call our office if you have questions.