

# **Lipoplasty**

## **PREOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY**

Have your prescriptions filled.

Do not take Aspirin, Ibuprofen, Anaproxin, herbs or vitamins for two weeks before or after surgery. These products may cause bleeding and bruising. You may take Tylenol.

If you take any other medication daily, please notify the Doctor.

Your post operative garment (1) will be provided.

## **DAY BEFORE SURGERY**

1. Shower with Technicare soap the evening before surgery.
2. Do not eat or drink anything after midnight the night before surgery.

## **DAY OF SURGERY**

1. You may brush your teeth and rinse your mouth but do not eat or drink anything.
2. Repeat the shower with Technicare soap.
3. Wear no make-up or nail polish.
4. Prior to surgery, remove contacts or glasses and notify the nurse if you have dentures.
5. Do not bring any jewelry or valuables.
6. Wear loose comfortable clothes and flat shoes.
7. You must have someone drive you to and from surgery and stay with you the first night.

## **POSTOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY**

1. You should rest in bed for the first day. You may go to the bathroom with assistance. The day after surgery you are encouraged to start walking and caring for yourself. You may resume all normal activities in about two weeks.
2. You will have your postop garment put on immediately after surgery. Do not remove the garment until the first office visit. You should wear the garment, except during bathing for 1 month.
3. Bruising of the treated area is expected and may be extensive. You should apply ice packs to the treated area during the first 24-36 hours to minimize the bruising. After 48 hours you may apply heat to the area to help the bruising resolve more quickly. Swelling of the area is also expected. The bruising usually resolves in two to three weeks. The swelling may take several weeks to months to resolve completely.

4. The period of greatest discomfort is usually the first 12-24 hours after surgery. You will be given a prescription for pain medication that should control the discomfort. You should not take pain medication on an empty stomach.

5. Begin taking sips of liquid as soon as possible after your surgery. You may advance to a regular diet as you tolerate it. Avoid spicy or greasy foods for the first 24 hours as they may cause nausea.

6. You will be given an appointment for the first dressing change. Take a sponge bath until the first dressing change. After the dressing change you should clean the incisions daily with soap and water. A small dressing or bandaid may be placed over the incision to protect it.

7. Things to report to the Doctor:

- severe pain not controlled by the medications
- temperature of 101 degrees or more
- more swelling and/or pain on one side than the other
- nausea and vomiting