



FLORIDA PLASTIC SURGERY

LIPOSUCTION Pre-Operative Instructions

Recovery and time off work depends on your health, the type of work you do and the amount of lipo that you have. The average patient is off work for 5-7 days. Please ask your doctor about specific recommendations.

Smoking- If you are a smoker, it is recommended that you **stop smoking and all other nicotine products for 2 weeks before and after surgery** for the best recovery.

2 WEEKS BEFORE

- **Do not take aspirin** (Excedrin), **ibuprofen** (Motrin, Advil), **naproxen** (Aleve) or medications that thin your blood
- **Tylenol is allowed** to be taken for pain prior to surgery
- **Stop all herbal and naturopathic supplements.**
- **Stop all vitamins** including vitamin A, D and E and oil-based supplements such as Omega-3, fish and krill oil
- **Do not do a cleanse or crash diet.** Rapid weight loss immediately before surgery will deplete your protein stores and make it difficult to heal.
- **Do not tan**, this will damage your skin and make it more difficult to heal.
- **Plan your transportation.** You may not drive yourself home. You are also expected to come to the office the day after your procedure for a follow up check
- Arrange to have someone stay with you for the first 24 hours
- **Purchase antibacterial soap.** Hibiclens (4% Chlorhexidine) or Dial antibacterial are available at drugstores
- **If you get an infection, feel sick or flu- like symptoms please call the office immediately**
- **Keep alcohol consumption to a minimum**

DAY BEFORE

- **Take all prescription medicines as you normally the day before and the day of surgery as discussed in the medication sheet.**
- Shower with attention to belly button, groin, breast and underarm areas
- Use **antibacterial soap.** Let the soap sit on your skin for 5 minutes before washing it off.
- **Shave areas where lipo will be done;** underarms, groin, legs etc. To reduce the chances of razor burn affecting your treatment area, it is best to use clippers or shave 3 days prior to your procedure.

MORNING OF PROCEDURE

- **Shower** with attention to belly button, groin, breast and underarm areas
- Use **antibacterial soap** as above
- Do not apply lotion, oil, perfume or deodorant
- Put hair up in ponytail or bun
- Wear dark, loose fitting clothes, button down or zip-front shirt, slip on shoes
- If you use a prescription inhaler, please bring it with you.
- **EAT A GOOD BREAKFAST WITH CARBS** the morning of surgery.
- **Bring high calorie snacks with you**

Name (print)

Signature

Date

Staff Name (print)

Signature

Date