

PARADISE VALLEY AESTHETICS

Liposuction Preoperative and Postoperative Instructions

Our office wants to provide you with the very best surgical care. You can help to minimize the risk of complications by carefully reading and following your preoperative and postoperative instructions. Please ask us to clarify any item about which you have questions.

BEFORE SURGERY INSTRUCTIONS

1. Be sure to have liver profile, CBC and PT/PTT (blood tests) completed and in our office 2 weeks prior to surgery. After we receive your lab results, a member of the medical staff will call in your prescriptions.
2. Be sure to have prescriptions filled and start taking the antibiotic 1 day prior to surgery. Bring all prescriptions to procedure.
3. No aspirin, aspirin-containing medication or Motrin, Advil, fish oils, Vitamin E, multiple vitamins, or Birth Control Pills for 2 weeks before surgery. No alcoholic beverages for one week before or after surgery.
4. Drink large amounts of fluids (1-2 quarts of water per day) for one week before surgery.
5. If you bruise easily, you may want to consider starting Arnica 1 week prior to surgery. (Arnica Montana 30c oral tabs-take as indicated) Arnica can be found over the counter at Whole Foods, Sprouts or Trader Joe's.
6. You may want to consider starting Bromelain 1 day prior to surgery. (Bromelain is a dietary supplement that helps you digest gluten but when taken on an empty stomach will help reduce inflammation caused by surgery. Be sure to take 1 hour before eating a meal twice a day.) Bromelain can be found over the counter at Whole Foods, Sprouts or Trader Joe's.
7. If any medications have been added or changes have been made to your current medications since your consultation, please notify the medical staff immediately.
8. Be sure to have garments for procedure. See enclosed information regarding garments.
9. Arrange for transportation to and from the office the day of surgery. You **CANNOT** drive yourself home after surgery.

FAILURE TO COMPLY WITH ANY PREOPERATIVE INSTRUCTIONS MAY RESULT IN A CANCELLATION OF YOUR SURGERY AND LOSS OF ALL SURGICAL FEES.

DAY OF SURGERY INSTRUCTIONS

1. **DO NOT DRIVE HOME:** Arrange to have someone drive you home from the surgical office after the surgery.
2. Wear a comfortable bra that you would not mind getting stained from the blue ink that is used to mark the surgical areas. Do not wear an exercise sports bra if you are having liposuction of the abdomen or torso.
Wear **LOOSE, DARK COMFORTABLE CLOTHING ON THE DAY OF SURGERY:** There is usually quite a lot of drainage of slightly blood tinged anesthetic solution after surgery. Since this drainage might stain clothing, we suggest that you choose your clothing with this in mind. Because we will apply elastic support garments on top of some bulky absorbent gauze padding, your clothing should be loose and comfortable.
3. **DO NOT WEAR** unnecessary jewelry or perfume (deodorant is OK) and minimize the use of cosmetics.
4. **DO NOT USE LOTION, CREAM, BABY OIL OR MOISTURIZERS OR SOAPS** that contain moisturizers the day of the surgery. The ink markers used to outline the areas on your body to be treated by liposuction, will rub off too easily if you have recently used moisturizer.
5. **TOWELS AND PLASTIC SHEETS:** Plan ahead and avoid staining the car seat with blood-tinged anesthetic solution. Bring a towel, and a plastic sheet (such as a trash can liner) to cover the car seat during your ride home. **PRIOR TO SURGERY,** pad your bed at home, and your living room chair with towels and plastic. Be careful to avoid allowing drainage to stain carpets.
6. **YOUR STOMACH MUST BE EMPTY AT THE TIME OF SURGERY:** If your surgery is scheduled to begin before 9:30AM, do not eat solid food after midnight prior to surgery. You may have a light liquid breakfast. If your surgery is scheduled later in the morning or afternoon, then you may eat a light breakfast and liquid snacks afterwards.
7. **NOTE:** If you are having IV Sedation ***DO NOT EAT OR DRINK ANYTHING 6-8 HOURS PRIOR TO YOUR SURGERY.***
8. **DO NOT FAST OR UNDERGO DRAMATIC WEIGHT LOSS!** Prior to surgery, all patients should be on a stable, balanced diet. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications, and poor wound healing.
9. Bring an Ipod for relaxation purposes.
10. Plan on having someone to help you at home. Changing your dressing the morning after surgery is easier if you have someone to help you.
11. Bring consent forms and all medications with you to surgery. **PLEASE DO SIGN ANY FORMS OR TAKE ANY MEDICATION PRIOR TO ARRIVING TO OUR OFFICE.**

POST SURGERY INSTRUCTIONS

GOING HOME: You should not plan to drive yourself home. It is helpful to have a responsible adult with you on the day of surgery.

DIET: You may resume your usual diet immediately. Drink adequate amounts of water, fruit juice, or soft drinks to prevent dehydration. Fluids containing electrolytes such as Smart Water, Propel, Gatorade or Pedialyte are good choices for the first week. **DO NOT DRINK ALCOHOLIC BEVERAGES FOR ONE WEEK POST SURGERY.**

MEDICATION: Take the prescribed medication as indicated. (Do not take on an empty stomach)
-Antibiotic until it is completed.
-Pain medication if needed.

POST-OP GARMENT: After tumescent liposuction, compression garments are to be worn to hold the absorbent pads in place and to provide mild compression that encourages the drainage of the blood-tinged anesthetic solution. Keep garment on for the first 24 hours, then you can remove garment and take a shower. The morning after surgery, when the garment is first removed in order to take a shower, you may experience a brief sensation of dizziness. We recommend that you get in the shower with your garment on, let it get wet and then slowly remove garment. Feeling lightheaded is similar to what you might experience when standing up too quickly. It is the result of rapid decompression of the legs as the compression garments are initially removed. Should dizziness occur, simply sit or lie down until it passes. We recommend you have someone with you and have a chair close by in case you need to sit down. Wear garment for 24 hours per day the first week and then 16 hours per day the second week (while awake).

MANAGING POST-OP DRAINAGE: One should expect a large volume of blood tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours following tumescent liposuction. In general, the more drainage there is, the less bruising and swelling there will be. During the first 48 hours, you should sit or lie on a towel. When there is a large amount of drainage, it is advisable to place a plastic sheet beneath the towel. As there may be drainage through the garment, you may consider purchasing a rubber sheet or shower curtain to protect your mattress. After the first few days the patient need only place absorbent gauze dressings over the incision sites that continue to drain.

WOUND CARE AND BATHING: Keep incisions clean. Shower once or twice daily. First wash your hands, and then wash incisions gently with soap and water. Afterwards, gently pat incisions dry with a clean towel. Next, apply Bacitracin Antibiotic Ointment to incisions and place new absorbent dressings, if still draining. Incisions that have stopped drainage no longer need padding. Once your incisions begin to heal, sometimes they may stick to your garment. We suggest you put Neosporin or Bacitracin ointment around the incisions to help prevent them from sticking to the garment. **Do not apply ice packs or heating pad to the skin overlying the areas treated by liposuction. Do not apply hydrogen peroxide or plastic BandAids to incision sites.** Do not tub bath for 2 full weeks after surgery. No swimming or soaking in a Jacuzzi for 4 to 6 weeks (incisions must be completely healed).

ACTIVITIES: Quiet rest is recommended after surgery. Do not drive or operate hazardous machinery. Do not make any important decisions for 24 hours after surgery. **COMPLETE BED REST IS HELPFUL FOR AT LEAST ONE FULL DAY**, after which you may be up and around. Later during the first day or evening after surgery you are welcome to take a short walk if desired. The day after liposuction surgery, you may feel well enough to drive your car and engage in LIGHT TO MODERATE physical activities. Exercise may be resumed on the 14th postoperative day. It is suggested that you begin with 25% of your normal work-out and then increase your activity daily as tolerated. Most people can return to a desk job within two days after surgery, although one must expect to be sore and easily fatigued for several days.

-Bruising and swelling are to be expected after surgery.

-If you develop constipation, stool softeners may be taken.

-You may resume taking any and all multi-vitamins one day after your surgery.

-Start gentle fingertip massage (light kneading motion) to areas treated on the 10th postoperative day for 10-20 minutes each area, 2 times daily for 3 weeks. We suggest getting a lymphatic massage. You may want to consider having a lymphatic massage or a triactive treatment. We will discuss with you during your 1 week follow-up appointment.

-Be sure to schedule your follow-up appointments:

1 week follow-up

1 month follow-up

3 month follow-up –pictures will be taken at this time

6 month follow-up –pictures will be taken at this time

REMINDER: It is your responsibility to schedule these appointments.

ADDITIONAL POSSIBLE COMMON SIDE EFFECTS:

MENSTRUAL IRREGULARITIES with premature or delayed onset of monthly menstruation is a common side effect of any significant surgery.

FLUSHING of the face, neck, and upper chest may occur after liposuction surgery and usually lasts for a day or two.

SLIGHT TEMPERATURE ELEVATION during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma.

DISCOMFORT AND SORENESS can be worse by the second day after surgery, then improving daily. Take extra strength Tylenol every 4 hours while awake, for the first 48 hours. This will reduce the inflammation, swelling, and soreness associated with surgery. Do not take aspirin, ibuprofen or medications containing these drugs for 3 days after surgery as they can promote bleeding.

BRUISING is minimal with tumescent liposuction. Nevertheless, the more extensive the liposuction surgery, the more one can expect.

PAIN AND SWELLING due to inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery. This can be treated with antibiotics and anti-inflammatory drugs.

POST SURGERY TREATMENT OPTIONS- 1 WEEK AFTER SURGERY

- Mederma will help heal your incisions
- You will notice some lumpy/bumpiness which is normal and may last up to 6 weeks after surgery.
- Instead of your garment, you can change to wearing "Spunks" starting the second week post surgery until 14 days after surgery.
- Massage will help reduce the inflammations and swelling.
- You may resume exercise 14 days after surgery.

Suggested options to self massage:

1. Velasmooth (Velasmooth.com) Laser Massage
2. Triactive (Cynosure.com) Massage
3. Lymphatic Massage-Massage Therapist

If you purchased Triactive Treatments, start your treatments two weeks post surgery (14 days) First week have 1 treatment, after that have 2 treatments each week for a total of 10 treatments.

WHEN TO CONTACT THE DOCTOR:

- If you have a fever over 100.4 degrees
- If you notice a sudden increase in swelling or bruising
- If drainage lasts for more than 24 hours
- If you have increased redness along the incisions
- If you have severe or increased pain not relieved by medications
- If you have any side effects to medications such as rash, nausea, headache, vomiting
- If you have any yellowish or greenish drainage from the incisions or you notice a foul odor.

Dr. Kathleen Norman
(602) 288-2340

PLEASE DO NOT HESITATE TO CALL DR. NORMAN OR THE STAFF AFTER SURGERY IF YOU HAVE QUESTIONS OR CONCERNS. WE WANT TO FACILITATE YOUR HEALING PROCESS AND WE ARE HERE TO HELP YOU!

I have read over all of the above and have discussed the pre-operative and post-operative instructions in detail at my pre-operative consultations. I have had the opportunity to ask questions and I agree to follow the pre and post operative instructions as closely as possible.

Patient Name (print) _____

Patient Signature _____ **Date** _____

Signature of nurse, physician or medical assistant conducting the pre-operative consultation _____