

RAULS Clinic Liposuction Instructions

BEFORE YOUR PROCEDURE

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. Ask us to clarify any item about when you have any questions.

1. **For seven (7) days before surgery, DO NOT Take ASPIRIN** (Anacin, Bufferin or Baby Aspirin) or **IBUPROFEN** (Advil, Motrin or Nuprin), or **NAPROXEN** (Aleve) or any other Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) that impair platelet function in the normal blood-clotting process. It is permissible to take acetaminophen (Tylenol or Anacin-3).

2. **Do not take decongestants such as Sudafed™ or Actifed™** for 5 days before surgery. Do not take appetite suppressants such as **phentermine** (Fastin) for at least 2 weeks before surgery. **Do not take ZOLOFT** or other antidepressants and all herbal remedies, unless specifically approved by your surgeon for two (2) weeks before surgery. Please see the medication list for a list of drugs that might have adverse drug interactions with the local anesthetic lidocaine.

3. **AVOID ALCOHOL.** We suggest no alcohol during the two days before and two days after surgery (alcohol decreases resistance to infection). Otherwise drinking a small amount of alcohol (for example, no more than a glass of wine or beer per day) is permissible the week before and after surgery. Please avoid red wine for 4 days before surgery in order to minimize bruising.

4. **DO NOT DRIVE HOME:** Arrange to have someone drive you home after the surgery.

5. **DO NOT WEAR** unnecessary jewelry, no perfume (deodorant is OK), and minimize use of cosmetics (survival rations only).

6. **DIET BEFORE SURGERY:** For early morning cases, we prefer that you eat or drink nothing before your surgery. For afternoon cases, individual instructions will be given. Please minimize caffeine the day of surgery.

7. **CHANGING YOUR DRESSING** the morning after surgery is easier if you have someone to help you.

8. **LOOSE CLOTHING ON 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 VERY LOOSE and comfortable.

WOMEN: 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 on your abdomen or torso.

MEN: Speedo-type swim trunks are the easiest type of garment to wear into the operating room for surgery. Jockey-type underpants are acceptable. Boxer-type underpants are less convenient during the surgery and may interfere with the surgeon liposuction technique. Bring extra underpants to wear after surgery.

9. Bring warm socks to prevent cold toes during surgery. If you tend to get cold hands, you are welcome to bring clean mittens (no leather gloves) to wear during the surgery.

10. **DO NOT WEAR MOISTURIZERS** or soap that contain moisturizers for 3 days before surgery. Tape and EKG electrodes will not rub-off too easily if you have recently used a moisturizer.

11. **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.

12. **DO NOT FAST OR UNDERGO DRAMATIC WEIGHT LOSS** just prior to surgery. All patients should be on a stable, healthy, well balanced diet for at least 2 weeks before surgery. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications and poor wound healing.