



# 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**

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Name (print)

Signature

Date

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Staff Name (print)

Signature

Date