

# Liposuction Surgery- Instructions

## Pre-operative

- No food or liquid intake after midnight prior to surgery.
- Do not wear jewelry, make-up, body lotion, nail polish or bring valuables to the surgical center.
- Bring carrying case for eyeglasses or contact lenses. Remove all piercings.
- No aspirin or aspirin containing compounds for at least 2 weeks prior to and after surgery. Please refer to medication list for medicines and foods to avoid. Stop all herbal preparations.
- Shower the night before and the morning of surgery with Dial or other antibacterial soap.
- Wear loose comfortable clothing with flat/ low heeled shoes. No over the head clothing.
- Fill all prescriptions within 3 days and bring them with you on your surgery date.
- Arrange for transportation to and from the Kole Plastic Surgery Center.
- Preoperative medications may be taken with a small sip of water if cleared by anesthesia dept.
- Lab tests need to be drawn and faxed to this office no later than \_\_\_\_\_
- Arrive at the Plastic Surgery Center 1/2 hour before scheduled start time.

## Post-operative

- After dismissal from the surgery center, return home and go directly to bed.
- Remain at bed rest for 24 hours and leave your bed only to use the bathroom.
- Use chux to protect linens and replace gauze pads over incision sites if saturated.
- Maintain compression garment continuously. Remove only for first shower 3 days after surgery. After showering, pat dry, do not rub incisions or treated areas, and then replace garment.
- No strenuous activity for two weeks post operatively (No bending, pulling, lifting or straining)
- Diet may consist of liquids then regular food as desired and as tolerated.
- Use incentive spirometry once every 15 minutes while awake for the first week after surgery.
- Take pain medicine and antibiotics as prescribed. Avoid alcohol while on medications.
- Return to Doctor Kole for all follow up visits as directed.
- Contact Dr Kole for any unusual or special problems: excessive pain, swelling or bleeding)
- Call to confirm appointment for your first post operative visit.

## Call Dr. Kole immediately if:

- Fever over 101 degrees, rash or shaking chills.
- Persistent nausea or vomiting lasting 24 hours after surgery.
- Excessive bright red bleeding or clots on the dressing. Drainage of blood tinged fluid is normal.
- Increase in pain 72 hours after surgery.
- Purulent discharge from the incision sites.

If you have any questions or problems, call the office at (215) 354-1010

I have received this instruction sheet, understand the information presented, have had my questions answered satisfactorily and agree to carry out the instructions as explained above.

Patient signature \_\_\_\_\_ Date \_\_\_\_\_ Surgeon \_\_\_\_\_