

LIPOSCULPTURE

What to expect before and after procedure

Before your surgery:

- This is a Surgery done to remove unwanted fat in specific areas of the body. There will be several punctures made to inject lidocaine and to suction out the fat.
- This Surgery is done in our Operating Room.
- You will need a 1-hour Phone Pre-op appointment approximately 2 weeks prior to your procedure to prepare.
- Pre-operative lab work is required.
- You will be required to take a course of antibiotics.
- You will be in our Operating Room for approximately 3-4 hours, and you will be given I.V. medication for sedation. You will **NOT** require General Anesthesia.
- You will require a driver to take you home.
- You will have a post-op appointment scheduled for the following day. You will be able to drive yourself to this appointment.

After your surgery:

- You will have a Compression Garment in place after surgery. This will be like a foundation garment to provide a means of reducing swelling.
- You will have thick, large dressings inside the garment to absorb the fluid that is squeezed out of the punctures.
- You will **NOT** remove the compression garment and you will wear it while sleeping overnight. There is a small opening in the peri area so you can use the restroom without removing the garment.
- It is always a good idea to have protective sheeting under your bed linens to prevent staining of your bed sheets in case some of the fluid leaks out of the garment.
- Swelling and bruising are normal and can last 1-2 weeks.
- Have a healthy meal after arrival home- start with simple, easy to digest foods and hydrate well to replenish fluids.
- Take the entire course of antibiotics as instructed over the next 10 days.
- Start taking Tylenol 500 mg, one or two pills every 4 hours. Soreness and achiness are most noticed from the 1st 24 to 48 hours.
- **DO NOT** take Ibuprofen (Advil, Motrin, Aleve) until your Physician approves, which may be 3-5 days.
- **AVOID** alcohol for 3 days after surgery.
- **DO NOT** shower until approved by your Physician.
- You will be scheduled for a post-op visit the following day. Your compression garment and wet dressings will be removed. We will cleanse the skin and put new, smaller dressings in place.
- When permission is given by your Physician to shower, wash the punctures gently with soap and water, pat dry and apply Polysporin ointment daily.

Please contact our office if you have any questions or concerns at (858)657-1002.

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Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____