

# 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 1<sup>st</sup> 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:

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Physician: \_\_\_\_\_ Assistant: \_\_\_\_\_ Date: \_\_\_\_\_