



TUMESCENT LIPOSUCTION **PRE-OPERATIVE INSTRUCTIONS**

*The following instructions should be followed closely except when overruled by specific procedural instructions.

TWO WEEKS PRIOR TO SURGERY

1. **NO ASPIRIN** or medications that contain aspirin since it interferes with normal blood clotting. Listed are some medications containing aspirin that should be avoided: Alka-Seltzer, Excedrin, Excedrin-Migraine, Emprin, Dristan, Aspirin Ascription, Darvon and Percodan.
2. **NO IBUPROFEN** or medications that contain ibuprofen as it interferes with blood clotting. Listed are some medications containing ibuprofen that should be avoided: Midol, Motrin and Advil.
3. **NO ALEVE** or medicines containing naproxen as it interferes with blood clotting. Listed are some medications containing naproxen that should be avoided: Aleve, Naproxen and Naprosyn.
4. Have necessary lab work completed **2 weeks** prior to your surgery.
5. **GARMENTS** must be ordered in advance for your procedure. We keep in stock the most common garments used. If you need a special order garment, please allow appropriate time for shipping.
6. Please **DISCONTINUE ALL HERBAL MEDICATIONS** as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics. Listed are some herbal medications that should be discontinued: **Garlic, Ginger, Ginko and Echinacea.**
7. Please **DISCONTINUE ALL DIET PILLS** whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.
8. **NO “MEGADOSES” OF VITAMIN E**, but a Multi-Vitamin that contains vitamin E is just fine. Please discontinue using any fish oils as well.
9. **NO SMOKING** because nicotine reduces blood flow to the skin and can cause significant complications during healing.
10. You may take Tylenol or generic forms of this drug before your procedure. These do not interfere with blood clotting or healing.
11. Other medications you will need to stop prior to your procedure are the following:
SSRI's which include: 1. Prozac 2. Luvox 3. Paxil 4. Celexa 5. Zoloft 6. Lexapro
TCA's which include: 1. Amitriptyline 2. Nortriptyline
Others which include: 1. Wellbutrin 2. Cymbalta
12. **Make sure the Doctor is aware of all medications you are currently taking (over-the-counter as well as any prescription drugs).** Please refer to the Medication Restriction List provided. If you have any questions please contact the Doctor or staff.

ONE WEEK PRIOR TO SURGERY

13. **DO NOT** take or drink any alcohol or drugs for one week prior to surgery and one week after surgery as these can interfere with anesthesia and can affect blood clotting.
14. Use a germ-inhibiting soap for bathing, such as Dial, Safeguard, or Lever 2000 the night before and the morning of your procedure.
15. Drink large amounts of fluids (1-2 quarts of water per day) for one week before surgery.
16. **DO** report any signs of cold, infection, boils, or pustules appearing before surgery.
17. **DO NOT** take any cough or cold medications without permission.
18. **DO ARRANGE** for a responsible adult to drive you to and from the facility on the day of surgery, since you will not be allowed to leave on your own.
19. **DO ARRANGE** for a responsible individual to spend the first 24 hours with you, since you **CANNOT** be left alone.
20. Have prescriptions filled and start taking antibiotics AND Arnica Montana the day before your procedure as directed.

NIGHT BEFORE SURGERY & MORNING OF SURGERY

21. **EAT A GOOD MEAL!!!** Be sure to eat a regular breakfast the morning of surgery. Do not come to the office with an empty stomach. Expect to be in the office for 3-4 hours. (this varies per patient)
22. If you are on regular medications, please clear these with the doctor when you arrive.
23. **DO** take a thorough shower with your germ-inhibiting soap the night before and the morning of surgery. Shampoo your hair the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infections.
24. **DO NOT** apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, baby oil, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.
25. **DO NOT** wear contacts to surgery. If you do wear glasses, bring your eyeglass case.
26. **DO** wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best things to wear home are a button-up top and pull on pants. You will want easy-to-slip-on flat shoes.
27. **DO NOT** bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.

28. You must have an adult drive you to and from surgery. Please note that a cab or bus driver will not be allowed to take you home after surgery. On arrival, be sure we know your driver's name, phone numbers, and how we will be able to reach them once your procedure is done.

AFTER SURGERY

29. If you are not recovering at home, it is very important that we have the number where you will be after surgery.

30. Complete bed rest is helpful for at least one full day. After which you may be up and around. Please remember to take your prescription medications as directed.

31. Wear garments for 24 hours per day for the first week. During the second week it is ok to remove them at night to sleep. You may remove garment to shower. Clean them with mild soap and hang dry (if you have a 2nd garment) or blow dry with hair dryer while wearing, after cleaning. (if only 1 garment)

32. Start gentle fingertip massage (light kneading motion) to treated areas for 10-20 minutes each area, 2 times daily.

33. Exercise may be resumed on the 14th day after surgery. Light cardio is accepted (and encouraged if able) as long as it is not uncomfortable. If painful, please discontinue and wait a couple more days to resume.

34. If you develop constipation, stool softeners may be taken.

- While the purpose of your surgery is to improve appearance, the healing process needs to be understood. Before the planned results are achieved there is an initial period of swelling and bruising. The worst of it can be expected on the 2nd and 3rd day after surgery- thereafter gradually subsiding. Most bruising and swelling subsides substantially after one week, but it's not unusual to see resolution taking two weeks or longer.
- Please remember that the healing process is dynamic, with many changes going on underneath the skin. It requires patience on your part. Good nutrition and proper wound care will help you achieve optimal results. The more fat removed, the longer the healing process will be.

IF YOU HAD LIPOSUCTION ON THE ABDOMEN

1. Start sit-ups (with knees bent up to your chest) on the 14th day. Do as many as you can and increase by two each day (continue this for at least two months)

2. Continue massaging the abdomen 5-10 minutes twice daily for at least 3 months. It is expected that the abdomen will feel lumpy for 3-6 months (this is normal)

IF YOU HAD LIPOSUCTION UNDER THE CHIN OR ARMS

Start gentle finger-tip massage on the 10th day (twice daily for 10 minutes.) Lumpiness, which can be felt but not seen, will usually disappear in 3-4 weeks. Light bicep/tricep exercises are allowed after 2 weeks.

IF YOU HAD LIPOSUCTION OF YOUR THIGHS

Start the following exercise on the 14th day:

1. Classic thigh lightener (also good for buttocks): kneel, with back straight and palms on your thighs... Now, lean backward slowly, using thigh muscles. (Don't bend spine or tension in your legs will be transferred to back muscles instead.) Hold for a count of ten and then slowly return to starting position.

2. Back of thighs (a cellulite site) are helped by this exercise: Lie down, weight on elbows. Now bring knee to chest and straighten leg (point toe), keeping it perpendicular to floor. Do five times with each leg.

**IN CASE OF EMERGENCY CONTACT (208) 939-3505 TO REACH DR. SIMON
OR GO TO YOUR NEAREST EMERGENCY ROOM**