



3800 J Street, Suite 210
Sacramento CA 95819
Phone: (916)273-7435
fax: (916)760-8218
www.sacramentoplastics.com

Patient Instructions Following Liposuction

Before Surgery:

1. Arrange for transportation to and from the office or Surgery Center and for a responsible adult to stay with you for several hours following surgery.
2. Two weeks before surgery, discontinue and avoid taking aspirin containing products (aspirin, Bufferin, regular Anacin, Fiorinal, Easprin, Aspirin with codeine, Darvon compound, Soma compound, and all Alka-Seltzer products). Four days before surgery, discontinue all anti-inflammatory drugs such as Advil, Aleve, Clinoril, Feldene, Indocin, Meclomen, Naprosyn, Motrin, and Relafen.
3. You may take Tylenol, Datril, Panadol, or Anacin III as needed.
4. Drink plenty of liquids the day prior to surgery and eat a healthy balanced diet. You may want to consider adding a multivitamin to your diet and additional vitamin C.

Day of Surgery:

1. Please do not eat or drink anything after midnight except as noted below.
2. You may take your usual morning medications with a sip of water.
3. Please shower the morning of surgery; remove contact lenses.
4. Wear comfortable clothing (loose blouse, button-down shirt).

Day One:

1. The most important thing to do on the day of surgery is to **relax and rest**. During the day, rest in either an easy chair or in bed with your back and knees supported by pillows.
2. Every hour, exercise your calf muscles for 10 minutes to keep the blood circulation in your legs.

3. Take your prescribed pain medication as needed to remain comfortable. If you have nausea or vomiting use the medication as directed.
4. Drink plenty of liquids. Avoid alcohol and caffeine. Try to avoid excessive straining if you have a bowel movement.
5. Do not attempt to do any work around the house. Avoid lifting or straining. Stay in bed with your back and legs elevated by pillows.
6. You may adjust your support garment as needed for comfort. It should be snug but not uncomfortable.
7. It is not uncommon to have some drainage after liposuction procedures. Consider using a beach towel to protect your furniture from soilage for the first 48 hours following surgery
8. The following should prompt a call to your physician at the numbers listed below:

Difficulty breathing

Pain or nausea/vomiting unrelieved by the medications

9. Starting 48 hours after surgery, it is okay to take a sponge bath. However, do not soak in the tub until you see your physician.

Day Two:

1. The support garment should be worn at all times.
2. Slowly and carefully ease back into standing and walking.
3. Continue to drink plenty of liquids and start solid foods as tolerated.

Day Three:

1. Most patients are starting to feel better by this day, though you will still feel tired and sore.
2. The support garment should be worn at all times for two weeks.
3. Driving or operating machinery must be avoided for at least the first week and while taking narcotic pain medication or if unable to painlessly make the body movements required for driving safely.
4. Your physician may be reached for urgent problems or questions.
5. At two weeks following the procedure, when most of the bruising has faded, the support garment is worn while participating in physical activity for an additional two weeks. You can sleep without the garment on.
6. There are some excellent massage therapists available who can help you achieve the results you desire through deep lymphatic massage of the tissues perhaps making the result smoother once the bruising has faded. Please ask for a referral if this is something you might consider.