



BOICE-WILLIS CLINIC  
**PLASTIC  
SURGERY**

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**INSTRUCTION SHEET FOR LIPOSUCTION**

*Please follow some basic guidelines in order to maximize results and to minimize any risks or complications in your post-operative recovery.*

***Before your surgery:***

- **Avoid smoking and second-hand smoke.** Cigarette smoking impairs wound healing, blood flow, and respiratory secretions. Do **not** use nicotine patch or gum at this time.
- **Avoid alcohol.** Alcohol can be a blood thinner, so we recommend no drinking for two weeks prior to surgery and for two weeks following surgery.
- **Avoid aspirin, aspirin-containing products, and anti-inflammatory products.** All of these products may increase bleeding during surgery. Since many over-the-counter medications contain aspirin, please read labels carefully and refer to the comprehensive list of medications to avoid. *If aspirin is being prescribed for a heart condition or other medical conditions, please notify us for further instructions.*
- **Scrub body with antibacterial cleanser prior to surgery.**
- **Have a support system in place.** Make arrangements for a responsible adult to take you to and from the hospital or surgery center and remain with you for the first 24 hours.
- **Do not have anything to eat or drink after midnight the day prior to surgery.** This includes water, chewing gum, and mints. On the morning of surgery, you can brush your teeth but do not swallow any of the water. Prescription medication may be taken with a small sip of water on the morning of surgery.
- **Drink extra water the day before surgery** (but be sure to stop drinking by midnight!) A well-hydrated body is less likely to experience nausea after anesthesia.
- **Get prescriptions filled prior to surgery.** You will be given antibiotics and pain medications at your pre-operative visit, get them filled in advance of your surgery.
- **Follow guidelines outlined in Dr. Szymanski's peri-operative protocol.** These will all help to decrease the amount of swelling and bruising from your surgery.
- **Get proper rest the day before surgery.**

***The day of surgery:***

- Wear comfortable, loose fitting clothing.
- Do not wear any jewelry or make-up.
- Bring compression garment if directed to do so.

- Please arrive to the hospital or surgery center at the appropriate scheduled time.

**Once you are home:**

*You are now on the road to recovery. It is very important that you pay close attention to following the instructions listed below. These will help to assure improved wound healing and decrease the risk of postoperative complications. Following the instructions will help make your recovery easier.*

- **Take your antibiotics and pain medication as prescribed.** Try to have some food in your stomach when taking medications to avoid nausea. If you experience any itching, rashes, or respiratory difficulties, please notify the office, as you may be allergic to one of the medications. For minor discomfort you may take Tylenol®, if not allergic.
- **Movement is an important part of restoring proper circulation and breathing.** Walking “wakes-up” all your body systems, it improves circulation, encourages breathing and helps move gas along the digestive tract.
- **Expect to have some pink-tinged drainage through the garment for the first 24-48 hours.** Chairs and mattresses should be protected with absorbent towels.
- **Leave garment with foam padding in place for a full 48 hours.** This is vital to limit swelling and bruising. After 48 hours, the garment and foam pads can be removed in order to take a shower. Following the shower, the skin should be patted dry without rubbing, and then the garment should be reapplied. A companion should be present when the garment is removed for the first time, as it is common to experience some lightheadedness.
- **The compression garment should be worn full time for the first 2 weeks after surgery.** This helps to limit the amount of swelling. Depending on the amount of liposuction performed, it may be possible to wear the garment part-time (12 hours/day) beyond the first couple weeks. The doctor will guide you in follow up regarding his recommendations for garment use. Plan on wearing the garment for at least 4-6 weeks.
- **Bruising can be dramatic and it tends to move downward in the body for the first two weeks.** As a result, ankle bruising may develop even if liposuction was only performed on the thighs. The vitamin supplement regimen can help to reduce the amount of bruising and swelling.
- **There are no sutures to be removed following liposuction.** The small incisions do not need to be sutured and heal well over a short amount of time.
- **Avoid soaking in baths or whirlpools for the week following surgery.** This will increase swelling in the body. Showering is allowed after a full 48 hours.
- **Avoid activities requiring excessive exertion or straining for at least four weeks following surgery.** Casual walking is encouraged, but power walking or running may increase swelling and bruising should be avoided in the early postoperative period.
- **Remember to eat healthy and include protein in your diet.** Protein is essential to the healing process, and it is best to avoid foods with lots of sodium as they will increase swelling. Continue Vitamedica regimen for two weeks following surgery.

- **Do not hesitate to call the office if you have any questions regarding your recovery.** Observe your skin and incisions carefully. Look for any redness, warmth at incision site, excessive swelling, unusual drainage, or an increased temperature (over 100<sup>0</sup>). Call the office if any of these should occur.
- **Come to your scheduled follow-up visits.** Call the office to schedule a follow-up appointment, if this was not previously arranged. We closely follow patients after their surgery to ensure proper healing and to reinforce postoperative instructions to make this the best possible surgical experience.