



## **THE PRE-OPERATIVE SESSION™**

### **PRE-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION**

#### **THREE WEEKS BEFORE SURGERY:**

- Laboratory tests and EKG (**if they are required**) must be done. If you are having testing at a lab other than our facility, please send the written results of this testing to our office one week before surgery (our fax number is 585-271-4786).
- SURGERY WILL NEED TO BE CANCELLED IF THERE IS ANY CHANCE THAT YOU ARE PREGNANT.
- All fees are due, including surgical, facility and anesthesia.

#### **TWO WEEKS BEFORE SURGERY:**

- Do not take any products containing aspirin, ibuprofen (Advil, Motrin), non-steroidal anti-inflammatory medication or Vitamin E. Tylenol is acceptable.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or Nicotine patch. Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.

#### **ONE WEEK BEFORE SURGERY:**

- Do not drink alcohol for 1 week before and after surgery.
- Please ensure that all laboratory tests and/or blood work has been completed by this time as ordered by the physician/nurse practitioner. Our fax number is 585-271-4786.

#### **THE DAY BEFORE SURGERY:**

- The Surgery Center will call you after noon to inform you of your arrival time for surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** (This includes water and gum chewing). Surgery may be cancelled if this is not followed. A fasting state is required in order to receive sedation for surgery. The only exception is medication, which we instruct you to take with a sip of water the morning of surgery.

#### **DAY OF SURGERY:**

- Go to suite 101 (Lindsay House Surgery Center).
- You may shower and shampoo the morning of surgery. Do not wear makeup, hair sprays or gels, or nail polish. You may leave acrylic nails on.
- Please wear loose fitting clothing. Sleeveless shirt/blouse would be best.
- Do not wear jewelry, including body jewelry or bring valuables to surgery.
- If you have your menstrual cycle, please wear a feminine napkin. Do not wear a tampon.
- Do not wear underarm deodorant.

## **POST-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION**

### **COMMON INSTRUCTIONS AFTER SURGERY:**

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible) and stay with you overnight and the day after your surgery. If you are having several procedures, you may need assistance for 1-2 days following your procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours after surgery.
- You must stay within 30 minutes of the office on the first night after surgery. These arrangements must be made BEFORE surgery.
- Do not drive for approximately 5-7 days after surgery or while you are taking pain medication.
- You are encouraged to walk around the house on the day of surgery and thereafter. Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing. Wear your support stockings for 5 days following surgery.
- Use your incentive spirometer 10 times every hour while you are awake for the first 5 days to prevent post-operative pneumonia or lung collapse.
- Resume activities slowly. You may feel tired for the first few days but you should be able to return to normal activities within 1 week.
- Expect to have pain for the first 24 hours. Take your pain medication before your pain becomes severe.
- Take all medications as instructed post operatively.
- Some bruising and swelling is normal. It is expected to take between 3-6 months to see your final results.
- Avoid direct sunlight to the incision for at least 1-year. Use a sunscreen with zinc oxide with a SPF of 20 or greater to help decrease the visibility of the scar.
- Drink plenty of fluids after surgery to help replenish fluids that may have been lost during surgery (8-10 glasses per day).
- If you have not urinated after 6 hours of being home from surgery, please contact our office.
- Use caution when getting up from a chair or bed as you may experience slight lightheadedness. **Patients have reported passing out when taking their first shower; please have adult supervision/significant other present to ensure your safety.**
- You will go home with a compression garment in place. You will need to wear this garment at all times for **three** weeks after surgery. After **5** days, you may take the garment off to shower, but it should be put back on afterwards.
- Expect to have a moderate amount of swelling and drainage. You may change the gauze pads over your garment as needed to help keep clothing dry. The drainage from the small incisions may be significant for the first 12 hours after surgery but should stop after 24 hours. If it persists after then, please call the office.
- When you take your first shower, you should apply Dr. Koenig's Post Liposuction Oil to the areas on your body treated with liposuction. Avoid suture/incision area for at least 2 weeks.

**CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:**

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from an incision site.
- Persistent nausea and/or vomiting.
- Any other concerns.

**Office Telephone #:** 585-244-1000

**Physician pager #:** 585-258-4851

*The patient care coordinator will make your postoperative appointments.*

**I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.**

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Patient Name (print): \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

My telephone number the day after surgery is: \_\_\_\_\_