

LIPOSUCTION/SAL INSTRUCTIONS

BEFORE YOUR SURGERY:

- No aspirin or medications containing ibuprofen for two weeks before and two weeks after surgery since it interferes with normal blood clotting. If needed, use Tylenol/acetaminophen products. If in doubt, check with your pharmacist or physician.
- Smoking must be discontinued at least two weeks prior to surgery, as tobacco use interferes with healing and is bad for your general health. Coughing during the post-operative period increases the risks of significant bleeding.
- Report signs of cold, infection, boils, or pustules that develop before surgery.
- Arrange for someone to drive you home. We will need a phone number for him or her because pick-up times may vary.
- It is advisable to take one or two weeks' vacation from your employment for recovery.
- Shower the night before and/or the morning of surgery.
- Nothing to eat or drink after midnight the night before surgery.

THE DAY OF SURGERY:

- Please DO NOT wear any jewelry.
- Do not take any medications of any kind, unless instructed to by your physician. Prescriptions for post-operative medications will be given to you before you are discharged.
- Bring any prescriptions that were given to you before surgery with you on the morning of your surgery.
- Wear comfortable, loose fitting clothing.
- You MUST have someone drive you home after your surgery. Remember to bring their phone number and the number where we can reach you after surgery.
- You MUST have someone spend the night with you. Additional instructions and prescriptions will be given to the person caring for you. Prescriptions must be filled promptly.
- You are not to drive or operate any mechanical tools or devices following surgery because of the possible lingering effects of the medications.

AFTER YOUR SURGERY:

- Bed rest for 48 hours after your surgery. You may need assistance when using the restroom.
- Take medications according to the directions on the bottle. If you are taking strong narcotic or pain medications, you may feel "spacey" or drowsy. Have someone else give you your pain medications according to the proper instructions. Under the circumstances, you could forget and take them too often.
- The period of greatest discomfort usually does not last more than 24-hours. Thereafter you may find that you need less pain medication.
- Call (425) 228-3187 or after clinic hours (425) 251-1506 if you have:
 - Severe pain not responding to pain medication
 - If any questions or problems arise
 - If urgent, dial 911
- Do not smoke for 2 weeks after your operation to prevent coughing and possible bleeding.
- No alcohol for 4 days after your surgery.
- You may sleep on your back, side, or stomach whichever is most comfortable.
- Strenuous exercise such as golf, tennis and swimming may be resumed after 6 weeks.
- You may use Benadryl for any minor itching. If you have no relief with Benadryl, please contact our office.
- You may shower after your first post-operative visit when we remove the foam padding.