



Sleep and Wellness Medical Associates, LLC

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LIPOSUCTION: PRE & POST CARE INSTRUCTIONS

BEFORE TREATMENT:

- Avoid taking aspirin and ibuprofen or anti-inflammatory drugs as well as herbal supplements because they can increase bleeding and clotting
- If your procedure is being done under sedation or general anesthesia, **DON'T** eat or drink anything after midnight the night prior to surgery
- If your procedure is done under local anesthesia, **WITHOUT** sedation, you may eat lightly and continue to drink liquids
- You may be asked to take certain medications or adjust your current medications
- Avoid drinking alcoholic beverages for 48 hours prior to surgery
- Make sure that your home and car are prepared for you. Prior to surgery, drainage of anesthesia may ruin car upholstery, carpeting, linens, as well as bedding. It is highly recommended that you cover car seats, your bed, and any other furniture that you might utilize with a waterproof pad or cover
- Wear old, or dark colored clothing that is comfortable the day of surgery, be mindful that the clothing may risk being ruined by anesthesia drainage
- If you smoke, it is recommended that you refrain 14 days prior to surgery, smoking causes the wounds to heal poorly, and it also causes excessive scarring as well as respiratory issues
- Shower or bathe with an antibacterial soap either the night prior or the morning of your surgery. **DON'T** apply moisturizers of any kind, also avoid makeup, creams, lotions, hair gels, sprays, perfumes, powder, and deodorant.

AFTER TREATMENT:

- Have someone available to drive you home after surgery
- Have a responsible person be able to assist you for the first 2-3 days after your surgery
- Take short walks 1-2 hours in your home up until bed-time in order to prevent clotting (**START THIS THE NIGHT OF SURGERY**)
- Medication will be provided in order to help with the pain you may experience after the procedure. Most patients require this medication for the first week. Take it as prescribed and **ONLY** as needed
- You also are permitted to take a non-steroidal anti-inflammatory medication such as advil (ibuprofen) or aleve (Naprosyn) to minimize pain
- IF POSSIBLE sleep with areas of liposuction elevated in order to help minimize swelling. Some patients may seek to sleep on a recliner for the first few nights
- If you have had liposuction completely by local anesthesia, you may continue your regular diet right away. Drink a sufficient amount of water, fruit juices or soft drinks in order to prevent dehydration
- Avoid drinking alcoholic beverages for 48 hours after surgery
- Patients will sometimes have to wear post-op garments for 24 hours after surgery, and others may have to wear it for 3 to 6 days, some patients, (especially after a large amount of lipo) will have drainage for over a week
- Depending upon the area you can expect a large amount of blood/anesthetic solution to drain from the incision site for the first 24 to 48 hours. The more drainage, the less swelling and bruising
- Keep the incision site clean, shower once or twice daily. **FIRST** wash your hands, then wash the incisions in a gentle manner with soap and water, then pat the incisions dry, apply fresh absorbent pads, and when an incision has finished draining for over 24 hours, it does not need to be covered by pads any more

Please call our office at (609) 587-9944 or email us at info@sleep-wellness.org with any questions or concerns

Or refer to our website www.sleep-wellness.org for further information