

LIPOSUCTION

Pre-Op Instructions for Liposuction

Congratulations on taking the first step towards achieving your aesthetic goals with Liposuction surgery. To ensure a smooth and successful procedure, please carefully follow the pre-operative instructions outlined below:

Night Before Surgery:

- **Nothing to Eat or Drink:** Please refrain from eating or drinking anything within 8 hours of your surgery, not even water. Failure to comply with this instruction may result in the cancellation of your surgery. However, you may take certain medications with a small sip of water (We will review these medications with you).
- **Antibiotics:** Take your first dose of antibiotics the night before surgery.
- **Set Up Home Recovery Area:** Prepare a comfortable recovery area in your home. This may include pillows, blankets, puppy pads, books, television, and any other items that will help make your recovery as comfortable as possible.
- **Bathing:** The night before surgery you should take a shower with antibacterial soap. Avoid applying lotion, perfume or other skincare products the day of surgery.

Day of Surgery:

- **Dress Comfortably:** Wear comfortable, clean, and loose-fitting clothes on the day of your surgery. We recommend a warm loose-fitting night gown, sun dress, or robe and slippers.
- **Avoid Make up, Jewelry, and Nails:** Please do not wear any makeup, jewelry, cosmetic creams, deodorant, or piercings on the day of your surgery. Avoid long, thick acrylic nails.
- **Medications:** Take any medications that our provider has told you to take the morning of surgery with only a sip of water. Bring your medications with you on surgery day.
- **Transportation:** Make sure you have arranged for someone to pick you up after surgery. You will provide us with their contact information. If you receive general anesthesia, you will not be able to drive yourself or take a taxi/uber.

What to bring with you:

- **Pre-op folder:** Bring your folder with all of your post op instructions
- **Medications:** Bring all prescriptions with you on surgery day.
- **Compression socks/TED hose:** Put your compression socks on prior to surgery.
- **Backpack:** Bring a back pack or small bag to keep your belongings in. Leave valuables at home unless you have a payment that is due the day of surgery.
- **Blanket:** Bring a small blanket.

By following these pre-operative instructions diligently, you will help ensure the safety and success of your liposuction procedure. If you have any questions or concerns, please do not hesitate to contact our office at **214-227-0668**.

We look forward to assisting you on your journey to a more confident and rejuvenated you.

Sincerely,
Noble Cosmetic Surgery

Post-Operative Instructions for Liposuction

It is essential to follow these post-operative instructions carefully to ensure a smooth and comfortable healing process:

Medications:

- **Pain Management:** You will be prescribed pain medication to alleviate post-operative discomfort. If your pain is mild, you may opt to take Tylenol instead, but avoid combining it with the prescribed medication. Take your pain medication with food to minimize the risk of nausea. Do not take any NSAIDs (Ex: Aspirin, Ibuprofen, Motrin, Excedrin)
- **Antibiotics:** Take your antibiotics as prescribed. Finish all antibiotics.
- **Nausea:** Nausea is common after surgery, especially with anesthesia and strong medications. If you experience nausea, take the prescribed medication as directed.
- **Arnica:** Take over the counter arnica tablets as directed. This will help with bruising and swelling.
- **Constipation:** Narcotic pain relievers and anesthesia can cause constipation. Start taking an over-the-counter stool softener (Dulcolax soft chews, Colace, Miralax) to avoid constipation.
- **Medications to Avoid:** Only take medications approved or prescribed by your surgeon to prevent complications.

Nutrition:

- **Diet:** Begin with a light, low-fat diet after surgery. You can transition to a regular diet as long as you don't experience nausea or vomiting. Start with liquids and gradually progress to solid foods. Watch your sodium intake. Salty foods will cause you to swell more. Increase your protein intake, which will help with wound healing and recovery.
- **Hydration:** Drink 8-10 glasses of water daily to stay hydrated. Even if you don't have much of an appetite make sure to drink plenty of water and protein shakes. Avoid alcohol for at least 48 hours and while taking pain medications.

Activity:

- **Movement:** It's crucial to move around immediately after surgery. Move your legs and ankles while lying down and take deep breaths to keep your lungs clear. Make sure to get up and walk every 2 hours while awake. This decreases your chances of developing blood clots and pneumonia.
- **Exercise:** Start off with walking and low impact exercises as soon as you feel up to it. Any strenuous exercise or activity will increase your blood flow and cause more swelling, so gradually work back up to your regular routine.

- **Compression Garment:** Wear the provided compression garment for 6 weeks to minimize swelling and aid in body contouring. Ensure it fits snugly but not too tight. For the first 3 weeks you will wear your garment for at least 23 hours. The following 3 weeks afterwards, you can transition to wearing your garment for 12 hours each day. We will fit you in your compression garment at your follow up appointment.
- **Driving:** Refrain from driving or making important decisions while on pain medications. Wait at least 6 hours after discontinuing pain medication before operating a vehicle.
- **Travel:** Take breaks during automobile travel every 2 hours to prevent blood pooling and clots. Avoid airline travel for the first week post-surgery due to increased swelling.
- **Return to Work:** Most patients require anywhere from 3 to 5 days off work, depending on job responsibilities.
- **Sexual Intercourse:** You may resume sexual activity once your incisions are fully healed.

Bathing:

- **Showering:** You may shower the day after surgery. Do not use any scar treatment, ointments, lotions, or other skincare creams directly on the incision until they are fully healed with no scab.
- **Hot Tubs/Baths/Swimming Pools:** No hot tubs, baths, or swimming pools until the incisions are fully healed with no scabs.

Lymphatic massages:

- **Massages:** You may begin lymphatic massages the day after surgery. We recommend getting 2-3 massages per week for the first 2 weeks. Your massage therapist will ultimately guide you as to how many massages you will need.

Please adhere to these instructions closely to optimize your recovery and achieve the best possible results. If you have any questions or concerns, do not hesitate to contact our office.

Wishing you a speedy and comfortable recovery!

Post-Care Instructions: Incisions

How to Take Care of Your Incisions:

- **Incisions:** You will have drainage for approximately 2-3 days from your incisions. You will change the maxi pads as needed whenever they are soaked. Do not place bandaids over the incisions. Do not use any scar treatment, ointments, lotions, or other skincare creams directly on the incision until fully healed with no scabs.

What to Expect:

- **Drainage:** Drainage from incision sites is normal for the first 24-72 hours, usually blood-tinged. You will use maxi pads over the incision sites to absorb the drainage. If needed, after the heavy drainage stops you may use gauze or a light pad to cover the incisions.
- **Bruising:** Expect bruising, which can be significant depending on the extent of liposuction. Bruises typically resolve within 2-3 weeks, changing from purple to yellow/green as they heal. You may take arnica to help with bruising.
- **Swelling:** Swelling is common for weeks to months after liposuction. Arnica, compression garments, and rest can help manage swelling.
- **Itching:** Itching around incision sites is normal and can be relieved with Benadryl or a non-drowsy antihistamine if necessary.
- **Sensory Changes:** Numbness, tingling, pulling/pinching, sharp shooting pain around incisions and liposuction areas. This is normal and should improve over time.
- **Scarring:** Scars are minimal and may take up to a year to fully heal. Tape or topical silicone gel can aid in scar management. Do not use any scar treatment on incisions until cleared by the doctor.
- **Tightness:** Difficulty standing up straight is normal initially, but you should gradually notice improvement by the second week.

Precautions - What Not to Do:

- **Avoid Soaking:** Do not soak in baths, jacuzzi, or hot tubs until all incisions have fully healed.
- **Avoid Blood Thinners:** Refrain from taking aspirin, ibuprofen, naproxen, or other blood thinners until cleared by your surgeon.
- **No Heating Pads or Ice Packs:** Unless instructed otherwise by your surgeon, do not apply heating pads or ice packs to treated areas.

Emergency Situations - When to Seek Medical Attention:

- **Signs of Infection:** Including spreading redness, increased drainage or pus, worsening pain, warmth at incision site, and fever over 101°F.
- **Excessive Bleeding:** If dressings are saturated with bright red blood and require frequent changes.
- **Other Emergencies:** Such as difficulty breathing, chest pain, severe vomiting, or asymmetric swelling in your legs.

For any concerns, please call our office at 214-227-0668 or seek immediate medical attention by calling 911.

We're here to support you throughout your recovery journey.

Checklist for Liposuction

Items to purchase:

1. Maxi pads
 2. Puppy pads/Shower curtain liner/Medical chux (to prevent drainage from getting on furniture)
 3. Stool Softner (Colace, Miralax, Dulcolax Soft Chews)
 4. Medical Tape (to tape maxi pads)
 5. Compression Socks (put on the morning of surgery)
 6. Adult Diapers
 7. Abdominal Board/ Foam (Do not use until instructed by NCS staff)
 8. Schedule lymphatic massaging (start the day after surgery)
 9. Arnicare (helps with post op bruising/swelling) You can start taking these 2-3 days before surgery.
- Prescribed Medications: Ensure you have pain, nausea, and antibiotic prescriptions.
 - Only if you are getting a BBL (fat transfer to the buttocks/hips)--Don't forget to purchase a BBL pillow
 - ASK OUR STAFF ABOUT OUR IV VITAMIN SERVICES (you can get this on the day of surgery & at your follow up appointment)