

PREOPERATIVE INSTRUCTIONS FOR LIPOSUCTION

1. PRIOR to liposuction:

- Make sure that you have your compression garment.
- You will need to pick up your prescriptions for medications to be taken before and after your liposuction.

2. Have ready and BRING TO OFFICE the day of surgery:

- 2 bath towels • 1 wash cloth • 1 box of regular sanitary napkins (regular – not ultra)

3. On the day of surgery:

- Do eat a light meal
- Do NOT drink anything with caffeine (this will nullify the effects of the premedication)
- Please try to restrict the amount of liquids you drink. You will be injected with large amounts of fluids and will be unable to go to the restroom for several hours.
- Bring a trash bag (split open) to cover the seat of your car. We try to pad you enough so that you do not leak, but it is a possibility. You can cover the plastic with a towel or old blanket to make it more comfortable.
- You should protect your bed with a trash bag that has been split open and then covered with a towel or blanket and then your sheet, at least for the first night.

Kindly remove all your jewelry, leave them at home or give to your family to take back. The hospital or the clinic will not be responsible for any loss of it.

POSTOPERATIVE INSTRUCTIONS FOR LIPOSUCTION

When you arrive home you will be very tired. The following is recommended:

*Lay down and take a nap for an hour or so.

*Take a warm shower. This is necessary for two reasons. 1. It feels good! 2. It will allow the excess fluid to drain out of the incisions. You should actually use your hands to try to force it out.

*You may take as many showers as you like. If you drain well in the shower the drainage should be over in about 24 hours. If you don't drain well it may take several days.

*WEAR YOUR COMPRESSION GARMENT 24 HOURS A DAY!! The longest that you can take it off is for 30 minutes at a time. So if it becomes soiled, just rinse the area, blot the excess water with a towel and dry with a blow dryer.

Call the doctor if you have any questions:

Hand Phone: +49-176-24321971

Patient Name _____

Patient Signature _____

Things to have them available at home before your surgery.

- Surgical tape 1" / 0.5" - it is to hold your dressing before you put on your tight garment
- Sanitary pads (maxi / regular 20 pcs) - It is to absorb excess fluid coming out from the incision wound
- Handy plaster (1 box) - It is to protect the incision wound before you put on the sanitary pads or your clothing.

Things to bring on your surgery day.

- Sanitary pads 10 pieces
- Tight Garment
- Bring or wear Loose garment (easy for you to put on shirt after surgery)