

Lipo Body Sculpting Pre-Op Instructions

Fill all medication prescriptions and **BRING ALL MEDS WITH YOU THE DAY OF SURGERY.**

Stop all medications/ supplements 2 weeks prior to the procedure unless otherwise directed by your physician

Begin antibiotics the day prior to surgery (Keflex) and continue until complete.

Bring your Ativan, or other prescribed sedative, and pain reliever with you to the office the day of your surgery.

Do not drink alcoholic beverages for 48 hours prior to surgery and 1 week after surgery. Consumption of alcohol can create complications and increase bruising.

No smoking for at least 1 week before and 2 weeks after the procedure. Smoking decreases circulation and increases risk of developing blood clots and slows down the healing process.

Eat a healthy breakfast or lunch on the day of the procedure.

Wear very loose fitting clothes, comfortable slip-on shoes, and bring 3 pairs of warm socks.

***Reminder: wear clothes and shoes you don't mind ruining or throwing away.**

Wear an old bra that you will not miss if stained or damaged. These will more than likely be cut off during bandaging. A pair of disposable panties will be given to you for during the surgery.

Make arrangements to be driven to and from the office. No driving for 24 hours after your procedure.

Cover your car and bed with plastic and towels prior to surgery.

You will need to purchase a few things to care for your incisions after surgery.

- Maxi pads (no wings)
- Round Band-Aids
- Vaseline
- Arnica gel/tablets (optional)

Please call the office with any questions or concerns.