

Lipoabdominoplasty Pre-Op Instructions

DO NOT USE LOTION OR SOAPS WITH MOISTURIZERS ON AREAS THAT WILL BE TREATED FOR ABOUT 3-4 DAYS PRIOR TO SURGERY.

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

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

DO NOT drink alcoholic beverages for 48 hrs 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 surgery. Smoking decreases circulation and increases risk of developing blood clots and slows down the healing process.

Eat a healthy breakfast/snack around 4 AM the day of procedure to help with nausea.

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

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

Bring a pair of panties/bathing suit bottoms that you want your incision to hide under so Dr. Greenberg could do his markings for the surgery.

Make arrangements to be driven to and from the office. **NO DRIVING FOR 24 HRS AFTER YOUR PROCEDURE.**

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

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

- Maxi pads (no wings)
- Round Band-Aids and Regular Band-Aids
- Vaseline
- Arnica Gel/ Tablets (optional)
- Hydrogen peroxide
- Bacitracin Ointment

Please call the office if you have any questions or concerns.