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## LIPOSUCTION

### PRIOR TO YOUR LIPOSUCTION:

-Once you have determined which areas you want liposuctioned, Dr. Barone's office staff will provide you with pricing for your surgery.

-You will be instructed to refrain from **Aspirin** or **Aspirin containing products**, such as **Advil, Motrin, Alka Seltzer, Bufferin, Dristan, Excedrin, and Midol**. You will also need to refrain from **Vitamin E, St. John Wort, Ginseng, and Ginko Biloba** for **AT LEAST 2-3 weeks prior to surgery** as these can cause more bleeding during surgery. For pain and discomfort, use Tylenol.

-You will need to make arrangements to have someone bring you the day of the surgery and take you home after the procedure.

-You will be given prescriptions for a relaxant, antibiotics, and pain medication. Please have these filled prior to your procedure.

-You will be instructed to refrain from eating, drinking anything after midnight the night before your surgery.

-You may want to purchase two pairs of total support pantyhose from J.C. Penney. These will be worn after your procedure.

-At least for the first 24-48 hours. You will benefit from purchasing two tablecloths with felt on one side and plastic on the other side to place underneath you when sitting in a chair or car to help prevent mattress damage due to fluid leakage after your procedure.

### THE DAY OF YOUR LIPOSUCTION

**Your surgery will take about 1 hour dependent upon how many areas you are having done.**

-The morning of your surgery, you will be asked to **arrive 1 hour before your surgery time.**

-You will check in at the hospital surgery center. You will be taken back and an IV will be started for administration of medication during the procedure.

-The morning of your procedure, Dr. Barone will mark the areas of your body that will have liposuction in order to plan where the incisions will be made.



-You will be seen the next day in clinic for follow up 11 a.m. during this appointment the soiled garment will be removed and a new one applied. **You will wear garments for 6 weeks.** If you have any questions or concerns regarding this appointment, **contact Dr. Barone's office (210)614-0400**

#### **AFTER YOUR LIPOSUCTION**

-You will be contacted by Dr. Barone the evening of your surgery. Please be sure that she has your correct contact information.

-You will be sent home with a prescription for antibiotics. Please take the entire course as prescribed.

-You will be sent home with a prescription for pain medication. Take as needed. You cannot drive a car while you are taking the narcotics. If you feel you do not need narcotics for pain, you may use extra-strength Tylenol.

-You will be seen the next day in the clinic for a post operative appointment at 2:30pm, unless instructed otherwise. If you have any questions or concerns contact the office at (210) 614-0400.

-At your post operative appointment on the day following your surgery, Dr Barone will fit you into two garments to wear for **SIX weeks following your surgery.**

-Dr. Barone will instruct you as to when you can shower.

-Your sutures will be absorbable and will fall out on their own.

-You should plan to be off work for approximately 5-7 days.

-Swelling and bruising are a normal part of the recovery process and will begin to subside within a few weeks after surgery.

#### **CALL THE DOCTOR FOR:**

**-If any redness or drainage forms around the incisions after the dressing is removed.**

**-If the skin is "hot to the touch" around the incisions after the dressing is removed or a temperature >101F.**

**-For pain not relieved by your pain medication.**

**-If you experience shortness of breath or chest pain.**

**For further questions and information please call Dr. Barone's office at: 210-614-0400**