

BEFORE LIPOSUCTION INSTRUCTIONS[©]

Our office wants to provide you with the very best surgical care. You can help to minimize the risk of complications by carefully reading and following your preoperative and postoperative instructions. Ask us to clarify any item about which you have questions.

1. For seven (7) days before surgery do not take ASPIRIN (Anacin, or Bufferin, or Baby Aspirin) **or IBUPROFEN** (Advil, Motrin, or Nuprin), or **NAPROXEN** (Aleve) or any other Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) that impair platelet function in the normal blood-clotting process. It is permissible to take acetaminophen (Tylenol or Anacin-3). **Please see page 7** for a list of common drugs that contain aspirin.

2. Do not take decongestants such as Sudafed™ or Actifed™ for 5 days before surgery. Do not take appetite suppressants such as phentermine (Fastin) for at least 2 weeks before surgery. Do not take Zoloft or other antidepressants and all herbal remedies, unless specifically approved by your surgeon, for two (2) weeks before surgery. Please see page 6 for list of drugs that might have adverse drug interactions with the local anesthetic lidocaine.

3. Avoiding alcohol. We suggest no alcohol during the two days before and two days after surgery (alcohol decreases resistance to infection). Otherwise drinking a small amount of alcohol (for example no more than a glass of wine or beer per day) is permissible the week before and after surgery. Please avoid red wine for 4 days before surgery in order to minimize bruising.

4. Do Not Drive Home: Arrange to have someone drive you home after the surgery.

5. Do not wear unnecessary jewelry, no perfume (deodorant is OK), and minimize use of cosmetics (survival rations only).

6. Diet before surgery: You should eat a **light, low fat** meal, such as toast and juice, fruit, dry cereal and/or non-fat milk no closer than **two** hours prior to surgery. Avoid whole milk, cream, butter, cheese and other foods that are high in fat content as dietary fat slows digestion and delays stomach emptying. Please minimize caffeine the day of surgery. You will be given a snack as soon as surgery is completed.

7. Changing your dressing the morning after surgery is easier if you have someone to help you.

8. Loose Clothing on the day of surgery: There is usually quite a lot of drainage of slightly blood-tinged anesthetic solution after surgery. Since this drainage might stain clothing, we suggest that you choose your clothing with this in mind. Because we will apply elastic support garments on top of some bulky absorbent gauze padding your clothing should be **very loose** and comfortable.

Women: Wear a comfortable bra that you would not mind getting stained from the blue ink that is used to mark the surgical areas. Do not wear an exercise sports bra if you are having liposuction on your abdomen or torso.

Men: Speedo-type swim trunks are the easiest type of garment to wear into the operating room for surgery. Jockey-type underpants are acceptable. Boxer-type underpants are less convenient during the surgery, and may interfere with the surgeon liposuction technique. Bring extra underpants to wear after surgery.

9. Bring warm socks to prevent cold toes during surgery. If you tend to get cold hands, you are welcome to bring clean mittens (no leather gloves) to wear during the surgery. The operating room is kept relatively warm, about 72 to 75°F.

10. Do not use moisturizers or soap that contains moisturizers for at least a week before surgery. Tape and EKG electrodes will not adhere or stick well to moisturized skin. The ink markers used to outline the areas on your body to be treated by liposuction will rub-off too easily if you have recently used a moisturizer.

11. Towels & Plastic Sheets. Plan ahead and avoid staining the car seat with blood-tinged anesthetic solution: Bring a towel, and a plastic sheet (such as a trash can liner) to cover the car seat during your ride home. **Prior to surgery** pad your bed at home, and your living room chair with towels and plastic. Be careful to avoid allowing drainage to stain carpets.

12. Do not fast or undergo dramatic weight loss just prior to surgery. All patients should be on a stable, healthy, well balanced diet for at least 2 weeks before surgery. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications, poor wound healing.

13. Music to Relax By: Patients usually enjoy listening to soothing quiet music during surgery. We have a large selection of compact discs (CDs). If you have any favorite CDs which you would like to share with us on the day of surgery, you are welcome to bring them with you. Please label the plastic case that holds your CD so that we will know to whom it belongs.

Medications and Foods that POTENTIALLY Interact with Tumescant Anesthetic

Consult your surgeon if you are taking any of the following:

Anesthetics

propofol (Diprivan)

Anti-Arrhythmics

mexiletine (Mexitol)

propafenone (Rythmol)

quinidine (Quinaglute, Quinidex)

Anti-Asthmatics

zafirlukast (Accolate)

zileuton (Zyflo)

Antibiotics/Anti-Microbials/Anti-Infectives

ciprofloxacin (Cipro)

●clarithromycin (Biaxin)

chloramphenicol (Chloromycetin)

enoxacin (Penetrex)

●erythromycin

isoniazid

norfloxacin (Noroxin)

troleandomycin (Tao)

tetracycline

Anti-Convulsants

acetazolamide (Daimox) (also a diuretic)

carbamazepine (Tegretol)

divalproex (Depakote)

stiripeentol

valproic acid (Depakene)

Anti-Depressants

amitriptyline (Elavil)

clomipramine (Anafranil)

flouxetine (Prozac)

fluvoxamine (Luvox)

nefazodone (Serzone)

paroxetine (Paxil)

●sertraline (Zoloft)

Anti-Diabetics

troglitazone (Rezulin)

Anti-Fungal Medications

●fluconazole (Diflucan)

●itraconazole (Sporanox)

●ketoconazole (Nizoral)

●metronidazole (Flagyl)

●miconazole (Monistat)

Anti-Histamines

astemizole (Hismanol)

Anti-Neoplastics

●tamoxifen (Nolvadex)

letrozole (Femara)

Anti-Psychotics

clozapine (Clozaril)

sertiadole

pimozide (Orap)

Anti-Secretory

omeprazole (Prilosec)

Benzodiazepines

alprazolam (Xanax)

flurazepam (Dalmane)

midazolam (Versed)

triazolam (Halcion)

Beta Blockers

propranolol (Inderol)

Calcium Channel Blockers

●amiodarone (Cordarone)

diltiazam (Cardiazam)

felodipine (Plendil)

nicardipine (Cardene)

nifedipine (Procardia)

verapamil (Calan)

Corticosteroids

dexamethazone (Decadron)

methylprednisolone

Hormones

ethinylestradiol (Estinyl Feminone)

danozol (Danocrine)

thyroxine

H2 Blockers

cimetidine (Tagamet)

Immunosuppressants

cyclosporine (Neoral, Sandimmune)

Miscellaneous

anastrozole (Arimidex)

(nonsteroidal aromatase inhibitor)

caffiene

cannabinoids

cortisporin (Cortisol)

methadone (narcotic)

mibefradil dihydrochloride (Posicor)

pentoxifylline (Trental)

ramacemide

tacrine (Cognex) (reversible cholinesterase)

Protease inhibitors/Antivirals

diethyldithiocarbamate (Imuthiol)

indinavir (Crixivan)

nevirapine (Viramune)

nelfinavir (Viracept)

ritonavir (Norvir)

saquinavir (Invirase)

MAO Inhibitors may interact with certain sedatives and are relatively contraindicated.

Information About Prescriptions & Medications

1. Antibiotics, such as cephalexin (Keflex™) relatives of penicillin, or doxycycline a relative of tetracycline, are to be taken twice daily in order to minimize the risk of a surgical infection. Antibiotics should be taken with food to reduce the risk of gastric upset. Please start taking your antibiotic the day before surgery, and continue until the entire supply is completed. If your surgery is scheduled to begin in the early morning (before 9:00 a.m.), taking your antibiotic and eating should be postponed until after surgery.

2. Lorazepam (Ativan™) is a mild sedative, and a mild sleeping pill, that does not make one feel "drugged". Surgery is more easily tolerated if the patient is well rested and relaxed. We suggest that you take one lorazepam (1 mg) the night before surgery.

3. Mephytone (vitamin K) will theoretically minimize bleeding and postoperative bruising. Although it is not essential to take vitamin K, we do recommend it. Take one 5 mg tablet daily, beginning two weeks before the surgery.

4. Acetaminophen (Tylenol™ Extra Strength), 500 mg capsules or tablets, does not require a prescription. Taking two tablets, three to four times daily, beginning after surgery, should help minimize postoperative swelling. **To treat any minor pain before surgery** take 2 Extra Strength Tylenol (500 mg), as needed. If Tylenol is not acceptable, notify us so that we can arrange a suitable substitute.

5. Diphenhydramine (Benadryl™) 25mg capsules or tablets, does not require a prescription. Taking as directed can help to reduce post-operative itching. Be aware that Benadryl™ may cause drowsiness.

Medication Precautions for Surgery Patients

1. Do Not Take ASPIRIN (Anacin, or Bufferin) or **IBUPROFEN** (Advil, Motrin, or Nuprin), or **NAPROXEN** (Aleve), or any medications that contain these drugs or any similar anti-inflammatory medications, for **seven (7) days** before and 3 days after surgery. These drugs will promote bleeding and bruising. Check the labels of all your medications, even those which you purchase without a doctor's prescription, to be sure you are not taking any aspirin or aspirin-like substances. Remove any products containing aspirin from your medicine chest so that you do not inadvertently take it during the week before your surgery. Consult your physician before you stop taking any prescribed medicines. Please inform us if you are taking any medications to treat arthritis, or any blood-thinning anti-coagulant medications. Below is a list of medications that must be stopped seven (7) days before surgery.

Advil	Cheracol Caps	Ecotrin	Indocin	Oruvail	thiosalicylate
Aleve	Children's	Empirin	indomethacin	oxyphenbutazon	Soma-
Alcohol	Aspirin	Emprazil	ketoprofen	Oxybutazone	Compound
Alka Seltzer	choline	Endodan	ketorolac	oxaprozin	sulindac
Amigesic	salicylate	Excedrin	Lortab ASA	Pamprin	Synalgos DC
Anacin	Clinoril	Feldene	Magan	Pepto-bismal	Tanacetum
Anaprox	Congesprin	fenoprofen	Mg salicylate	Percodan	parthenium
Anaproxin	Cope	feverfew	meclofenamate	Persantine	(feverfew)
Ansaid	Coricidin	Fiorinal	Meclofen	Phenaphen	Tolectin
APC	corticosteroid	flurbiprofen	Medipren	Phenylbutazone	tolmetin
Argesic	Coumadin	Froben	mefenamic	piroxicam	Toradol
Arthra G	Darvon ASA	4-Way-Cold	Menadob	Ponstel	Trandate
Arthropan	Darvon	Tabs Garlic	Midol	Prednisone	Trendan
A.S.A.	Compound	Capsules	Mobidin	Quagesic	Trental
Ascodeen	Daypro	Gelpirin	Monogesic	Relafen	Trigesic
Ascriptin	Depakote	Genpril	Motrin	Rexolate	Trilisate
Aspergum	dexamethasone	Genprin	nabumetone	Robasissal	Tusal
Aspirin	diclofenac	Ginko Biloba	Nalfon	Roxiprin	Vanquish
BC Powder	dipyridamole	Goody'sBody	Naprosyn	Rufin	Vitamin E
Baby Aspirin	Disalcid	Pain	naproxen	Saleta	Voltaren
Bayer	divalproex	Haltran	Norgesic	Salflex	Warfarin
Brufen	Doan's Pills	Halfprin	Norwich Ex.Str.	salsalate	Willow Bark
Bufferin	Dolobid	Ibuprin	Nuprin	Salsitab	Zactrin
Butazolidin	Dristan	ibuprofen	Ocufen	Sine Off	Zorprin
Cephalgesic	Easprin	Ibuprohm	Orudis	Sine Aid	
		Indameth			

2. Do not take decongestant medication containing pseudoephedrine (Sudafed™, Actifed™) for **5 days** prior to surgery. These can cause the heart rate to beat too rapidly.

3. Appetite suppressant drugs phentermine (Fastin), should not be taken for at least 14 days before surgery. Do not stop appetite suppressants abruptly as you may have side effects. To avoid side effects such as depression, it is better to begin decreasing the dose gradually two weeks before surgery. Maintain a healthy diet and stop aggressive weight loss diets for a safe surgery and good healing.

4. Do not take antidepressants, such as Zoloft or tricyclics for 14 days before surgery. Please consult your prescribing physician before discontinuing any of your prescribed medications.