

PLASTIC SURGERY CENTER OF ST. JOSEPH, INC.
MICHAEL D. DEPRIEST, M.D.

LIPOSUCTION PATIENT INSTRUCTIONS

1. Liposuction is the surgical removal of localized accumulations of fat. The goal of this surgery is to improve the body contour. The surgery uses small incisions for access to suck out the fat.
2. Depending upon your age and health condition, you may need to get some blood work before surgery. If you are of childbearing age, we will order a pregnancy test. The nurses will arrange for this lab work.
3. Report any flu, cold, fever, infection, boils or pustules appearing three weeks before surgery.
4. Please take no aspirin or aspirin-containing products for three weeks before surgery because these interfere with normal blood clotting. If you need a painkiller, take Tylenol. If in doubt about a certain drug, please call your pharmacy. You must avoid Vitamin E for one week prior to surgery.
5. For liposuction of the abdomen and hips, we ask you to get a long-line girdle. Please bring one with you for your surgery. You will wear this approximately four weeks or longer. We recommend having two girdles so you can wear one and wash the other. We will cut the crotch out of the girdle to facilitate using the restroom.
6. Dr. De Priest will take preoperative and postoperative photographs. These pictures are confidential.
7. On the day of surgery, please take a shower with Dial™ or other antibacterial soap. Remember not to eat or drink anything after midnight the night before. Do not wear jewelry, watches, etc. Wear comfortable and nonrestrictive clothing.
8. You should have a responsible adult spend the first 24-48 hours with you after surgery. You will need a driver to take you home after surgery.

9. You will need prescription pain medication after surgery. Always take these pills with food--never on an empty stomach. Do not drink alcohol while taking these pills. If they make you dizzy or sleepy, avoid driving a car. If the pain medication makes you nauseated, please call 364-6446 and let one of the nurses know. If the doctor gives you prescriptions before surgery, please fill them before the operation.
10. You may shower the second day after surgery. Let the water run over your incisions. Do not be alarmed by small amounts of blood that ooze from the incisions for 24-48 hours.
11. Keep the wounds covered with a small bandage. Kotex pads or panty liners absorb blood better than many "surgical dressings." You may use antibiotic ointment on the wounds.
12. You may be up as needed, but you should limit your activities for the first week. Gradual progression to normal activity generally requires 3-4 weeks, but your discomfort level may modify this.
13. You may expect:
 1. Moderate discomfort
 2. Black and blue discoloration (this will move down the body due to gravity)
 3. Moderate swelling for 2-3 weeks
 4. Slight drainage from incisions
14. You will return to the office for a check-up in approximately one week. **If there are any questions before then, please call 364-6446.**

Phyllis Mulder, RN, CSPN
Brenda Boller, RN
Tony Claycomb, RN
Pat Higdon, RN
Terry Hurst, RN