KIRWAN
PLASTIC SURGERY

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LIPOSUCTION - PRE and POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for three weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including body piercings.

7.Shower and shampoo with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

POST-OPERATIVE INSTRUCTIONS

1.Your surgery will take from one to four hours depending on whether you are combining liposuction with other procedures, and on how many areas are being treated. After surgery you will go to the recovery room until you have recovered sufficiently to be discharged.

2.If you are having outpatient surgery, someone must drive you home and, for your safety, remain with you for the first 24 hours.

3.You will receive instructions for scar management at your follow-up visits.

4.You may see drainage from the puncture sites. This oozing typically stops after one night. You should protect the bed linen by using towels or water-proof pads from the surgical supply store.

5.The puncture sites are closed with dissolvable stitches.

6.We will instruct you on what type of surgical garment to purchase and when and how to wear it. Please bring your garment with you to the hospital. The garment should be worn day and night for two weeks after surgery and at least during the day for another 2 weeks. Many patients choose to wear a garment for longer. You may wash it but do not put it in the dryer. Additional smaller garments may be required during the recovery period as you decrease in size.

7.You can expect bruising to occur after liposuction. It can last for ten to fourteen days.

8.Do not expose yourself to the sun for the first two weeks after surgery. Protect all scars from the sun for 6 months. Sun block is recommended to prevent hyperpigmentation. Bathing suits alone will not provide the necessary protection from the sun.

9.You will experience an itchy sensation starting usually ten days to two weeks after liposuction that may remain for six to eight weeks. This is normal. The skin will feel numb temporarily where the liposuction was performed.

10.You may resume most of your normal activities within 2 weeks.

11.Three weeks after surgery you may resume strenuous activity such as heavy lifting, bowling, golf, tennis, swimming, running, etc., if you can tolerate them comfortably.

12.If you should have any questions, please call the Connecticut office at 203-838-8844 or the New York office at 212-838-8844.

13. **Watch carefully for excessive redness, swelling, bleeding, discharge, fever, or pain not relieved by medication. If any of these symptoms occur, please contact our office immediately.**