



LAWRENCE M. KOPLIN, M.D., F.A.C.S.
— AMERICAN BOARD OF PLASTIC SURGERY —

LIPOSUCTION INSTRUCTIONS

(310) 277-3223

BEFORE SURGERY

1. **ASPIRIN**: **AVOID TAKING ASPRIN, IBUPROFEN, OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY.** Be careful; many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **ALCOHOL**: Avoid drinking alcohol for 48 hours before surgery. Alcohol interferes with some of the medications that are given during and after surgery.
3. **SMOKING**: Smoking is **absolutely not permitted** for at least **TWO WEEKS** before or after surgery; if this seems unusually cruel and unfair, please discuss with me personally; **it is that important!**
4. **SUN EXPOSURE**: Do not burn or tan the operative area for **two weeks** before surgery.
5. **SKIN CARE**: Continue your regular skin care routine. Do not wear makeup or body lotion on the day of surgery.
6. **MEDICATIONS**: Continue to take your routine medications until the day of surgery. Please check with the office to determine if these medications should be taken the morning of surgery.
7. **ATTIRE**: Wear a comfortable, loose-fitting shirt or warm-up suit that buttons or zips. Do not wear any panty hose or high-heeled shoes.
8. **VALUABLES**: The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Please do not bring a purse on the day of surgery. If you are staying at an after care facility, please bring your credit card.
9. **ANESTHESIA**: Our anesthesia provider will be calling you on the evening prior to surgery. Patients find it a good opportunity to chat and ask questions regarding their anesthesia, and tend to be more relaxed the following morning. Please try to be home to receive the phone call; if not, let us know where you might be reached.
10. **ILLNESS**: If you become ill or develop any signs of infection on the area to be treated, **please notify the office at once.**
11. **DIET**: **DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE YOUR SURGERY**

AFTER SURGERY

1. **ACTIVITY**: When you arrive home, make yourself comfortable and relax for the remainder of the afternoon and evening. Feel free to move around, but avoid heavy exertion. You may feel slightly drowsy. If so, have someone help you when getting up for meals or using the bathroom. You may sleep in any position. If surgery has been performed on your face or neck, elevate your head on 2-3 pillows.
2. **DIET**: Begin with cool clear liquids. If this is well tolerated, advance to a regular diet as desired.
3. **DRESSING**: Do not disturb the dressings or the elastic garments which have been applied. If you have been placed in an elastic compression girdle, you may remove this temporarily after any of the tapes have been removed so that you may shower and wash the garment. Other than showering, the garment should be worn full-time until all bruising has resolved (usually 2-3 weeks). **Do not be alarmed** if small patches of red drainage appear on the garment; this is not an emergency and, in fact, makes it less likely that the area will be significantly bruised!
4. **HYGIENE**: You may sponge bathe on the day after surgery. You may start taking showers once the tapes have been removed. Bathing, may be resumed three weeks postoperatively. Do not Jacuzzi or hot tub for **eight weeks** following surgery.
5. **ALCOHOL AND ASPIRIN**: Do not drink alcohol for at least 48 hours after surgery. You should not consume any alcohol while you are still taking medication for pain or sleep. Do not take aspirin or aspirin-containing compounds for **two weeks** following surgery.
6. **MEDICATION**: Antibiotics are to be taken for several days after surgery, to prevent infection. You will also be given medication for pain and sleep. These are not necessary unless you need them, and should be only required for a few days. Resume your routine medications on the day after surgery.
7. **DRIVING**: Do not drive until instructed to do so; usually **5-7 days** after surgery. **You may not drive while taking pain medication.**
8. **SMOKING**: No smoking for **TWO WEEKS** after surgery (no cheating!)
9. **SUN EXPOSURE**: Do not burn or tan all operative areas for **three months** after surgery. You should wear at least SPF 30 sunblock when outdoors in a swimsuit.
10. **EXERCISE**: Strenuous activities (running, aerobics, weight training, swimming, tennis, etc.) must be avoided for **three weeks** after surgery. You may walk after **three days** and use a stationary bike, Stairmaster, or walking treadmill after **two weeks**.

FOR ROUTINE QUESTIONS, A NURSE OR PHYSICIAN WILL BE AVAILABLE TO SPEAK WITH YOU WEEKDAYS BETWEEN 9 AM AND 6 PM.

FOR EMERGENCIES, TELEPHONE ANY TIME DAY OR NIGHT.