

Hurwitz Center for Plastic Surgery
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LIPOSUCTION AND ULTRASONIC –ASSISTED LIPOPLASTY

Before your operation:

1. Avoid aspirin and aspirin containing products and large doses of vitamin E for two weeks prior to your scheduled date. These products may interfere with the body's clotting. For pain, you may take Tylenol. Please review the enclosed MEDICATION AND HERBAL REMEDIES TO AVOID PRIOR TO SURGERY sheet.
2. No smoking. Nicotine causes peripheral vasoconstriction, which leads to skin necrosis (death) and wound infections. This also includes the use of nicotine supplements.
3. Nothing to eat or drink after midnight the night before surgery.
4. Make arrangements for a responsible adult to take you home and remain with you for the first 24-hour period.
5. Ten minute body scrub with antibacterial liquid soap the evening before your operation.

Day of of your operation:

1. Nothing to eat or drink on the morning of surgery. Avoid any medications unless previously deemed necessary by your physicians.
2. Wear comfortable, loose fitting clothing that is easy to remove and redress.
3. Do not bring any valuables with you to the hospital.
4. Protect your vehicle when you leave the hospital with beach towels that can absorb blood tinged drainage from your liposuction access incisions.

After your Surgery

1. Upon arrival home, rest for the first 12 hours with minimal activity only. Your pain will probably increase as the local anesthetic loses its effect after 8 hours. Use assistance for using the bathroom. After the first 12 hours, you may gradually increase your activity as tolerated. Excessive pain and/or swelling are signs that your activity may be increasing too rapidly.
2. Drink non creamy liquids the first day and then advance to small portions of a regular diet.
3. Walking is considered a safe exercise that may be resumed within five days. Your pre-operative level of exercise should be attained within 4-6 weeks post-operatively.

4. All surgical garments and dressing should remain in place until your first post-operative appointment that is about one week after surgery. For the second post-operative week, the surgical garment is worn 23 hours per day. It is removed only for showering. The third post-operative week the garment is worn during the day only. And the fourth post-operative week it is only necessary to wear the surgical garment when doing strenuous work or vigorous activity. It is important that these dressings remain smooth and uniform at all times because lumpy dressing will cause uneven pressure on the tissues and may result in uneven skin contour.
5. If any of the following situation should occur, please call for assistance:
 - a. Severe pain not responding to pain medication.
 - b. Nausea and/or vomiting.
 - c. Excessive swelling or pain on one side.
 - d. Constricting bandages.
 - e. Unusual tingling around the lips
 - f. Excessive sleepiness or slow to be aroused
 - g. Shortness of breath and/or chest pain
6. It is common to see blood-tinged watery drainage from your closed incisions. This is not fresh bleeding so do not become alarmed. Before the suction lipectomy begins, the tissues are infiltrated with liters of saline containing anesthetic (xylocaine) and vasoconstrictor (epinephrine). The body absorbs most of this fluid but some leaks from the surgical sites.
7. Please follow the above listed instructions to the best of your ability. Doing so will speed healing and optimize your result. If any additional questions or concerns arise feel free to call Monday through Friday, 8:30 a.m. to 5:00 p.m. At other times, please call 412-647-2345 and ask to speak with the Plastic Surgery Resident-On-Call.
8. Swelling will obscure the results for weeks to several months. The final contour may not be evident for nearly a year.
9. .After ultrasonic-assisted lipoplasty there may be some delayed healing of your incisions or tender thickening of the treated areas for months due to the heat generated by the probe. This will resolve
10. Minor contour irregularities may need additional liposuction or fat grafting to correct