

# Integrity Aesthetics MD

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## **LIPOSUCTION: INSTRUCTIONS BEFORE SURGERY**

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. Please ask us to clarify and item in which you have questions.

**DO NOT DRIVE HOME:** Arrange to have someone drive you home after your surgery.

**CHANGE YOUR DRESSING** the morning after your surgery. It is easier if you have someone to help you.

**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. Bring an extra set of clothes. Because we will apply elastic support garments on top of some bulky absorbent gauze padding, your clothes should be 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 of the abdomen or torso.

**MEN:** Speedo-type swim trunks are the easiest type of garment to wear in the operating room for surgery. Jockey-type underpants are acceptable. Boxer-type underpants are less convenient and may prevent optimal results.

**DO NOT WEAR** unnecessary jewelry or perfume (deodorant is OK) and minimize use of cosmetics.

**DO NOT USE MOISTURIZERS OR SOAP THAT CONTAINS MOISTURIZERS** the day of surgery. 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 moisturizer.

**TOWELS AND 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.

**DO NOT FAST OR UNDERGO DRAMATIC WEIGHT LOSS.** Just prior to surgery all patients should be on a stable balanced diet. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose you to cardiac irregularities, surgical complications, and poor wound healing.