

HELPFUL HINTS AND SUPPLIES FOR POST-LIPOSUCTION

1. For your protection, leave all valuables and jewelry at home. Dress in clothes that are easy to get in and out of. We suggest button-down-the-front, loose washable items.
2. We ***require*** that you have someone stay with you for the first 24-48 hours after surgery for assistance and monitoring. This is ***very important*** so be sure and make arrangements before surgery.
3. You may want to purchase a few helpful supplies ***prior*** to surgery.

Sanitary Napkins- Used to replace the soiled dressings that are placed on the incision lines. Sanitary napkins cut into pieces are absorbent and work well when changed as needed. Expect significant drainage for the first couple days after surgery. To prevent soiling furniture we advise you to sit on old towels or plastic bags.

Tylenol- You may not take any type of aspirin containing medications, Motrin, Advil, Nuprin, Motrin, Aleve, Ibuprofen, for at least two weeks before and after surgery. In case of a need for an analgesic Tylenol is the drug of choice. Prolonged usage of prescribed pain medication is not recommended as it has many side effects, which can interfere with recovery. Some of these include constipation, nausea, loss of appetite, sleep disturbances and just a generalized sensation of not feeling well.

Metamucil- We advise you to have some type of stool softener or gentle laxative agent to help with constipation. It is a good idea to remember to drink adequate amount of water, approximately eight glasses a day.

Dietary- You may see a change in your appetite. We suggest you try to keep something light in your stomach. Some light foods to try are soup, crackers, toast, oatmeal, rice, ginger ale or 7UP. Also, Gatorade is a really good drink to help with replenishing your hydration needs.

Showering- Be extremely careful when showering for the first few times. The majority of patients will become faint. Make sure there is someone around when you shower until this resolves. You also should be very careful getting up into a standing position in general. Take your time and don't just jump up to prevent fainting.