

## Patient Liposuction Checklist

1. Stop all aspirin and anti-inflammatory containing medications 2 weeks prior to procedure.
2. Stop all alcohol 72 hours prior to procedure.
3. Fill prescriptions and start taking antibiotics 1 day prior to procedure.
4. Have Tylenol handy for pain.
5. Have Metamucil, stool softeners or gentle laxatives handy in case of constipation.
6. Have sanitary pads like Kotex on hand, to use as dressings.
7. Also have on hand light foods like soup, crackers, toast, oatmeal, rice, Ginger ale, 7-up or Gatorade.
8. Purchase Spray and Wash to clean stains from compression garments.
9. Have plastic available to place under towels or padding to protect car seats, upholstered furniture and bedding. Plastic trash bags work well.
10. Shower the evening before and morning of procedure with antibacterial soap.
11. Wear button down the front loose washable clothing.
12. Arrange for a driver to take you home.
13. Arrange for someone to stay with you the first 24 hours.