



Liposuction

PRE-OPERATIVE INSTRUCTIONS

SHOPPING LIST BEFORE LIPOSUCTION

- **Prescriptions**
Will be submitted electronically. Your pharmacy should contact you when ready to pick up.
- **Stool Softener (preferably MiraLAX)**
Helps with constipation associated with prescription pain relievers.
- **Tylenol (Acetaminophen)**
Alternative to prescription pain medication if pain is not severe. Do NOT take NSAIDS unless directed otherwise by Dr. McKee.

3-4 WEEKS BEFORE LIPOSUCTION

- **Obtain Medical Evaluation and Clearance:** You will come to our office for a medical evaluation. At this time, a medical assistant will take measurements and gather general health information to ensure Dr. McKee has all the information to make the decisions that are right for you.
- **Recovery Arrangements:** Make any arrangements for extra help to be available, so as to avoid strenuous activities while you are recovering, particularly if caring for small children.
- **Smoking:** Tobacco, cigarettes and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise discontinuing these products at least 4 weeks prior to and after your procedure.

1-2 WEEKS BEFORE LIPOSUCTION

- **DIET/SUPPLEMENT RESTRICTIONS:** Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medications.
- **Fill Prescriptions:** These may include antibiotics, pain medication, anti-nausea medications for during and after surgery. Make sure you understand how and when to take all medications. We suggest keeping a note pad to keep track of the medications you have taken.

NIGHT BEFORE LIPOSUCTION

- **Set Up Home Recovery Area:** This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.
- **Bathing:** You can shower but do not apply lotion, perfume, hair product, etc.

DAY OF LIPOSUCTION

- **Eat:** Eat a small meal before coming into your procedure. You will not be fully sedated and so fasting is unnecessary. Having something in your stomach may help avoid nausea when taking medications.
- **Dress Comfortably:** Dress in comfortable and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- **DO NOT** wear any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen, and remove all piercings.