

# Liposuction Pre-Operative Instructions

6363 Woodway, Suite 850  
Houston TX 77057-1758  
tel: 281-501-8357  
fax: 281-817-5529  
www.centerforbeautifulbodies.com

- No Smoking** for two (2) weeks prior to and for two (2) weeks after surgery. Smoking decreases circulation and slows wound healing time.
- Do not take vitamins, Aspirin or Aspirin-containing products** for two (2) weeks prior to surgery and for two (2) weeks after surgery. See **Medication Sheet**. Also, avoid caffeine products for one (1) week prior to surgery and for one (1) week after surgery.
- Do not drink alcoholic or caffeinated beverages. Do not eat chocolates** for two (2) weeks prior to surgery. Excessive drinking may create complications and increase bleeding and bruising.
- Please shower using anti-bacterial soap the day before and the morning of surgery.
- You may eat a moderate meal for breakfast and/or lunch the day of surgery.
- You will need a prescription for an antibiotic. The antibiotic should be taken (2 capsules) the night before surgery, then 1 capsule the morning of surgery. You are to take one capsule every 12 hours for 5 days after surgery. If you have any questions about your medications, please call our office at 281-501-8357.
- Wear loose-fitting, dark clothes to the office. No jewelry. A little make-up is fine. Old sweatshirts and sweatpants are recommended because of possible drainage from your surgery.
- Please make arrangements for a friend or family member to bring you to the office and also drive you home after surgery. Expect to be in the office 3-6 hours.
- The procedure itself is relatively pain-free. During the numbing process, reactions vary. You may experience, at times, a stinging and burning sensation from the injection of the tumescent fluid (local anesthetic). Please expect intermittent discomfort similar to a pinching feeling and pressure for the duration of the numbing process. During the suctioning, you may feel pressure in spots, especially in the abdominal area. Most discomfort can be relieved with the injection of more anesthetic, so it is important to communicate this to Dr. Rassoli.

**Please bring with you sanitary pads to cover your incision sites. I recommend that you bring a full pack. Try to find old-fashioned hospital-type pads.**

If you have any questions or concerns, please call our office. If you should have questions after business hours, call 832-423-3792.

**I have read the pre-operative instructions and fully understand what is contained therein.**

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

\_\_\_\_\_  
Instructions given by

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

## DAY OF SURGERY: ITEMS TO BRING

### Sanitary Pads

These are used to cover your incision sites. Available at drug stores, bring hospital-style maxi-pads or old fashion sanitary napkins (without fragrance).

### Sports Bra

Bring a sports bra with you (dark color).

### Slippers

Bring slippers or socks to keep your feet warm.

### Clothes

Bring dark, comfortable clothes to wear.

### Cap

You may want to bring a wool or cotton cap with you to stay warm.