## **LIPOSUCTION**



## PRE-OP

	2	Weeks	1 W	'eek	Few	Days 1	l Day	D	Pay			
		before	bef			-			urgery			
A	Medications Take this, not that.		ese supp	olements can incre	ease you	leve), <b>Vitamin E, garlic</b> r risk of bleeding and br						
						81 mg) if you take it for ner reason, this will be c						
	Diet			l Stop drinking <b>alc</b> o	ohol.		You can pick up your post-op meds.		You can take necessary meds with sips of water.			
	Eat this, not that.	Drink plenty of war	Keep a healthy diet high in <b>protein</b> and <b>fiber</b> , and low in carbohydrates.  Drink plenty of <b>water</b> . You're well-hydrated when your urine is pale yellow or clear.  • Depending on your size, you may need 75-100 oz. of water per day. Avoid sugary drinks.									
	<b>Dressings, Garments</b> & Bathing		Order your post-op <b>compression garments</b> now Dr. Molina can help you with sizing.				Do not eat or drink <b>anything</b> after <b>midnight</b> the night before surgery.					
			the day of surgery.					Bring your garments!				
	Activity Level Lowering your risk.	<ul><li>Avoid sitting for presented and sitt</li></ul>	<ul> <li>Stay active.</li> <li>Your heart and lungs will perform better during surgery.</li> <li>Avoid sitting for prolonged periods.</li> <li>Blood clots that may have otherwise gone unnoticed could become a more serious problem after having a long operation.</li> <li>If you have an international flight or a long road trip planned shortly before or after your surgery date, please let us know.</li> </ul>									
BOD	Tasks Getting ready.	<ul> <li>Your surgical gas but you may wa</li> <li>Arrange transp</li> <li>Arrange home of</li> </ul>	Prepare yourself and your home for recovery.  Your surgical garments may become soiled if enough fluid leaks out of your incisions. This is OK, but you may want to sleep on a few bath towels to keep your mattress clean.  Arrange transport. A responsible adult must accompany you home after surgery.  Arrange home care. You may need some assistance for 1-2 days after surgery.  Plan for time off from work. Depending on your job duties, you will need 1-2 weeks off.									
To the state of th	Coordination Who, what, where, when.	• Plan for <b>time or</b>	i Irom v	vork. Depending 0			o confirm important in go for your procedure p afterwards g post-op	io:				

• How to reach Dr. Molina



## POST-OP

		•	_	Days 2 after			<b>Veeks</b> fter		
(Kagay)	Coordination Who, what, where, when.	You'll wake up in the recovery room. You'll rest for 1-2 hours, then you'll go home.	Dr. Molina will visit you if you're local, or call you to check in. You'll have Dr. Molina	Follow-Up Visit #1	Follow-Up Visit #2	for after-hours emerger	Follow-Up Visit #3		
A)	Medications Take this, not that.	You'll be prescribed <b>ib</b> as directed. You may a stool softener.		oxycodone. Take them an (for nausea) and a	You can resume aspirin and any supplements.				
	<b>Diet</b> Eat this, not that.	Resume your usual die like. High <b>protein,</b> high plenty of water.			You can resume drinking <b>alcohol</b> in moderation.				
		You'll have on sterile o		Dr. Molina will remove your dressings and transition you to a <b>scar care</b> plan.					
	<b>Dressings, Garments</b> & Bathing	<ul> <li>Keep everything or first post-op visit. \( \) garments to wash</li> </ul>	n and <b>dry</b> until your You can take off your	Wear your <b>compress</b> except while shower		Wear your garments  12 hours per day.	You can stop wearing your garments.		
		Please sponge bathe		You may <b>shower</b> , but yourself in water (no	do NOT submerge baths, no swimming).	No more water restrictions! You can take a bath or go swimming.			
	Activity Level Balancing rest & action.	dangerous blood cl	longed bed rest puts y ots. But	ou at risk for	Light exercise. Most people will still be limited by soreness,	Normal activity. You may still have some soreness, but you should feel well enough to get back to the activities you love doing!			
		complications, which	If you over-exert yours ch can be severe.	eti, you risk surgical	but it's <i>safe</i> to do as much as you want.				
( <del>\$</del> )	Healing What to expect.			g will gradually worsen ks. If you notice a <i>sudo</i> <b>call us</b> right away.			Swelling is about 90% gone. Your shape will keep		
				You can begin <b>lymph</b>	atic massages, which a	re recommended. improving over the next <b>year.</b>			