



Smart Liposuction Patient Instructions

BEFORE SURGERY

- Have blood tests as indicated. Results are requested two weeks prior to surgery.
- Have prescriptions given by the Doctor filed and **start taking prescribed antibiotic medication two days prior to surgery**. The pain medication may be started after surgery.
- Arrange for transportation to and from the office on the day of surgery. You **cannot** drive yourself after surgery. It is also important to arrange to have someone with you for the first 24 hours after surgery.
- One week before surgery, discontinue use of aspirin, medications containing aspirin, Motrin, Advil, or alcoholic beverages. Also discontinue use of any herbal medications that may inhibit blood clotting such as St. John's Wort, garlic supplements, or ginkgo supplements.
- Drink plenty of fluids (1-2 quarts of water per day) for one week before surgery.
- Avoid any medications that may interfere with liver function, such as SSRI's (Paxil, Prozac, Zoloft, or Lexapro), Wellbutrin, Effexor, or Cymbalta.
- **If you are taking any other medications, please clear them with Dr. Bennack at least two weeks prior to surgery in order to ensure they do not interfere with the procedure.**

DAY OF SURGERY

- **Eat a regular breakfast the morning of surgery. Do not** come to the office on an empty stomach.
- Do not wear make-up, jewelry, or nail polish.
- Wear loose-fitting clothing.
- Expect to be in the office for 3-4 hours.
- You may bring an iPod or other music player to listen to during your procedure.

AFTER SURGERY

- **Modified bed rest is helpful for the first 24 hours after surgery.** You may get up and move around if necessary, but be careful not to overdo it. As there may be drainage through the dressings, consider purchasing a rubber sheet or towels to protect your mattress and extra gauze pads and band-aids to absorb fluid.
- Take the prescribed medication as indicated.
- Keep absorbent dressings on for 24 hours, then remove and shower. Be sure to sit while removing the garment for the first time, as you may become dizzy. Do not take a bath, sit in a hot tub, or swim for 2 weeks after surgery.

- Wear garment for 24 hours per day for the first week and then 12 hours per day the second week (while you are awake). You may remove the garment in order to shower.
- For patients who had surgery on the chin area, wear the garments for 48 hours after surgery, then nightly for 10-14 days.
- Exercise may be resumed on the 14th post-operative day.
- Apply Neosporin twice daily to incision sites until sites are completely healed.
- Be sure to have a follow-up appointment at about the 10th post-operative day. The Spa Coordinator will assist you in making this appointment while you are in the office on the day of your surgery. After this follow-up, we will see you at the 1 month, 3 month, and 6 month marks.
- Remember that liposuction requires a healing process. Results may take several months and skin tightening can continue for up to one year. Be patient.

IF YOU HAD LIPOSUCTION ON THE ABDOMEN

- Start sit-ups (with knees bent) on the 14th day. Do as many as you can and increase the number by two each day (continue for at least two months).
- Continue massaging the abdomen 5-10 minutes twice daily for at least three months. It is expected that the abdomen will feel lumpy for 3-6 months (this is normal).

IF YOU HAD LIPOSUCTION ON THE CHIN OR ARMS

- Start gentle finger-tip massage on the 10th day (twice daily for 10 minutes). Lumpy feeling which can be felt but not seen usually disappears in 3-4 weeks.

IF YOU HAD LIPOSUCTION ON THE THIGHS – Start the following exercises on the 14th post-operative day.

- Classic thigh tightener (also good for the buttocks): kneel, with back straight and palms on your thighs. Lean backward slowly, using thigh muscles. Don't bend spine or tension in legs will be transferred to back muscles instead. Hold for a count of ten and then slowly return to starting position. Repeat.
- Back of thighs (a cellulite site) are helped by this exercise: lie down, weight on elbows. Now bring knee to chest and straighten leg (point toes), keeping it perpendicular to the floor. Do five times with each leg.
- Inner thighs can be firmed with a simple leg lift: lie propped on side, raise top leg as high as you can. Flex ankle, point toes, then lower the leg.

In case of an emergency, please call us at (210) 804-0772 or Desirey at (830) 534-8284.