



Body Contouring/Liposuction Pre-operative Instructions

Congratulations on your decision to pursue cosmetic surgery! I have prepared several pointers which will help you to best prepare for your upcoming procedure, in order to obtain the safest and most satisfactory outcome.

1) Suggestions:

- a) Arrange for 7 to 10 days off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- b) Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- c) Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- d) Obtain a large package of 4"x4" gauze for use after surgery.

2) Mandatory:

- a) Stop intake of all Aspirin and Aspirin-related products (anti-inflammatories like Motrin, Advil, Naprosyn, etc.) two weeks before surgery, as these products will increase bleeding and bruising during surgery
- b) Stop smoking or nicotine-containing products (Nicorette, nicotine patch) 2-6 weeks before surgery. I would prefer 6 weeks if possible.
- c) Consume no food, drink or even water after midnight the night before surgery. A full stomach on the morning of surgery will necessitate cancellation of the procedure.
- d) Discuss any medications, which you regularly take, with me before surgery.
- e) Have someone available to bring you home after surgery (usually later in the afternoon).
- f) Have someone available to stay with you the night after surgery.
- g) Be at the hospital several hours before your scheduled time (discuss this with my office staff)
- h) Call me with any questions you may have, as soon as possible, before surgery.

I will see you at the hospital!

Sincerely,
H. Silverman, MD