



<<Patient\_FirstName>> <<Patient\_LastName>> <<Patient\_Birthdate>>

## Pre Op Instructions Liposuction/BBL

### BEFORE THE SURGERY:

-Lead a healthy lifestyle by practicing good fitness habits, good nutrition with plenty of fluid ingestion, avoiding sun exposure to prevent scars and/or pigment irregularities, and relaxing by reducing stress.

Stop Smoking or use of any nicotine products.

Make certain to address any illness immediately and advise our office of any serious illness or change in your health.

Prepare and plan by scheduling any time off of work, and any support you will need at home, especially for the first 24 hours following the surgery. It is necessary to come accompanied on the day of the procedure. We do not recommend traveling in a TAXI (uber, lyft, etc) alone.

Pre-operative testing: make certain to schedule all of the pre-operative testing and medical clearance you have been asked.

Fill your prescriptions, including antibiotics, pain medication, anxiety medication, and over-the-counter medications.

Stop taking medications (Aspirin, high dose ibuprofen, other NSAIDs)/natural supplements that can increase your risk of bleeding and other complications.

Purchase: Elastic garment for the areas to be performed, ice packs. If getting a fat transfer to the buttocks, purchase a special cushion for sitting to offload the grafted areas.

Confirm all lab results and paperwork have been received by the clinic.

Wear comfortable, clean, loose-fitting clothing & shoes.

Take your routine meds in the morning. Start the antibiotic the night before surgery and continue taking it as prescribed.

No Fasting! Eat a light meal.

Bring extra set of cloths/undergarment/socks.



Every single piece of cloth you wear during the operation will get wet.

Contact the provider for lymphatic massages. Especially the first few days are critical to remove the drainage, and learn how to take care of yourself.

Purchase the following items:

Extra strength Tylenol and Tylenol PM

Witch Hazel or Hydrogen Peroxide

Polysporin Ointment

Towels or "puppy pads"

Absorbent pads (maxi pads) as you will have drainage, especially the first few days.

Extra garment

### **Compression Garment (Faja)**



A compression garment after liposuction reduces swelling, supports healing and improves circulation, helps contour the body and minimizes discomfort and fluid buildup (For Lipo 360, BBL, Tummy Tuck. Can be purchased through Snatched)



### **Arm Faja**



(For Arm Lipo and Arm Lift. Can be Purchased through Snatched)

### **Chin Strap**



(For Chin Lipo. Can be purchased through Snatched)

### **Lipo Foams**



Provide even pressure, reduce swelling and bruising and help smooth and contour the skin for better healing. (For Liposuction all areas and Tummy tuck. Can be purchased through Snatched)

### **Compression Socks**



### **Ab Board**



Is used after liposuction to provide firm, even compression to the abdominal area, reduce swelling, prevent fluid buildup. (For Lipo 360 and Tummy Tuck)

### **BBL Pillow**



Is used after surgery to relieve pressure on the buttocks by allowing you to sit without compromising fat grafts, helping protect results and promote proper healing. (For BBL)

### **Toilet Pillow**



Is used to cushion and protect the buttocks while using the toilet, preventing pressure on the area to support healing and maintain results. (For BBL)

*Antibacterial soap/ Hibiclens Used to clean before and after surgery*



### Urine Funnel



(For BBL and Tummy Tucks)

### Bed Pads



( For drainage or leakage after surgery)

### Depends



(For drainage or leakage after surgery)

### Maxi Pads



(For drainage or leakage after surgery)



## Arnica Gel, Tablets, Tea



(Helps with bruising and prevents swelling.)

## Silicone Tape



(Helps with Scar healing. )

## Wedge Pillow



(For Tummy Tucks)

By signing below, I acknowledged that I understand and agreed to perform all of above instructions.



<<Patient\_FirstName>> <<Patient\_LastName>>  
<<Current\_Date>>