

LIPOSUCTION BEFORE & AFTER SURGERY INFORMATION

SUPPLY LIST	◆ Sanitary napkins (e.g. Kotex pads)	◆ Hydrogen peroxide
	◆ Antibiotic ointment (Bacitracin or Polysporin)	◆ Band-aids
	◆ Underpads (chucks) - found in the bladder control section	

BEFORE

- **Avoid Aspirin containing products for two weeks before surgery (only Tylenol is permitted) ••**

DAY OF SURGERY

Before you come in:

1. Shower with antibacterial soap (e.g. Dial or Lever 2000).
2. Please eat adequately before surgery and bring a snack with you.

Bring with you to the office:

1. Girdle – The girdle should cover the surgical area completely. It should be snug but not too tight. If your surgery site is the abdominal area you should have a one piece girdle with a bra (with shoulder straps). If your surgery site is the neck area, we will supply the correct garment.
2. Prescriptions - have your prescriptions filled and bring **all** of them with you. You will start your medications in the office **immediately** before surgery.
3. Wear old loose clothing (button down shirt) and old shoes – or bring them with you.
•••• Relax and enjoy the experience! ••••

AFTER

- Change the absorbent pads as they become saturated. Feminine pads work best. If there is still drainage, clean the area(s) and apply a new pad. Drainage is heavy for the first 12 hours and steadily decreases over the next 36-48 hours after surgery.
- You will have swelling and bruising around the surgical area. Swelling will spread to areas below the surgical area (gravity pulls fluid downward as you are upright). Most of the swelling is gone the first week. There will be some swelling remaining for a few months. Bruising resolves in about 7-10 days.
- You may shower anytime but do not soak in a bath or swim for 10 days (incision sites must be closed).
- Clean the incision sites twice a day with hydrogen peroxide and then apply antibiotic ointment (Bacitracin, Polysporin) and cover with a Band-Aid.
- Finish your antibiotics – as directed.
- Take 2 Tylenol tablets every four hours for the first day and continue as needed not to exceed the recommended daily limit.
- The girdle must be worn for 2 weeks as much as possible.
- Exercise is encouraged. You will feel sore for 6 weeks. You cannot stay in bed. You should be walking immediately after surgery and be active the next day.
- **Abdominal area:** avoid sitting for long periods of time and try to lean back to stretch out your abdomen. It is helpful to apply a heating pad (being careful not to burn your skin because feeling may not be back yet) and massage the area as much as possible. Your period may be affected ranging from spotting to heavy flows.
- Call the office, if you have any concerns or excessive pain or suspect infection. Otherwise Dr. Rotter will see you in about 1 week. It is requested that you call the office the day after surgery so you can report on how you are doing.

Dr. Rotter's Pager # for emergencies is 301-807-8807