



**Wellesley
Cosmetic
Surgery**

Pre-Operative Instructions for Liposuction Patients

Report to the office no later than _____ on the day of surgery (_____).

Do not take Advil, Motrin, blood thinners, aspirin, or aspirin by-products for 5-7 days before the surgery. (Products such as Alka Seltzer, Anacin, Bufferin, Excedrin, Darvon, or Fioral may contain aspirin). Tylenol is acceptable.

Do not eat or drink anything after midnight the night before the procedure **or** the morning of the procedure. This includes water, coffee, tea, juice, or soda. **Do not** chew gum, or have mints or eat candy. Your surgery **will be cancelled** if you fail to follow these instructions.

If you take morning prescription medication(s), take them on the morning of surgery with as little water as possible.

Stop all dietary supplements (i.e. vitamins, herbal remedies/supplements, energy drinks, etc.) for two weeks before your procedure. Dr. Shektman will let you know at your first pre-operative appointment when you may resume taking them again.

You must stop smoking for two weeks before and two weeks after the procedure.

Shower well the morning of your surgery and thoroughly clean your body with soap and water. If you use spray-on self tanner please avoid doing so for one week prior to your surgery. Remove residue the morning of surgery with alcohol.

Do not use any creams, powders, perfumes or deodorants anywhere on your body the morning of surgery.

Wear comfortable clothes and low shoes, such as a top that zips or buttons in the front sweatpants and sneakers. Please leave all jewelry at home including all body piercings. **Absolutely no heels!**

You **must** have someone accompany you to the office the day of surgery. This person must be available for the duration of your procedure. You **cannot** be sent home in a cab unless you are accompanied by a responsible adult.

Arrange for someone to assist you at home for one to two days after your procedure.

We recommend that you try to take at least 5 to 7 days off from work to recover.

Failure to cancel your surgery appointment within **15 business days** will result in the loss of your surgery deposit.

These instructions have been reviewed with me and I understand my obligations prior to surgery.

Signature _____ Date _____

Certified by the American
Board of Plastic Surgery

Facility accredited by the Joint
Commission on Accreditation
of Healthcare Organizations



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Arthur Shektman, MD
332 Washington St.
Suite 340
Wellesley MA 02481

Tel: 781-239-0680
Fax: 781-239-0681

Email: doctor@
wellesleycosmeticsurgery.com

Post-Operative Instructions for Liposuction Patients

After your procedure, you should expect a certain degree of discomfort although you will not likely experience any severe pain. This discomfort may last two to four days post-operatively but will subside rapidly after that.

Please read carefully the medication information that is provided to you in this packet. It is extremely important that you take your prescriptions exactly as directed.

You will be placed into your surgical garment immediately after your procedure. You **must** wear the compression garment **at all times** until your first post-operative appointment, usually one week after your surgery. The only exception is when you are showering or washing the garment. You must put your compression garment back on immediately after your shower. The length of time that you are required to wear the garment will be discussed with you on your subsequent post-operative visit and depend on 1) the type of procedure, 2) the area involved and 3) your post-operative recovery.

You will notice a significant amount of pink fluid draining from your surgery site. This is normal and does not represent bleeding. The small incisions used to perform the liposuction procedure are left open to allow the fluid that accumulates after surgery to escape from under the skin. It is important that this fluid escapes and does not sit under the skin. The drainage will continue overnight and will begin to subside over the course of the first 2 to 3 full post-operative days. You should not consider the day of your surgery as a post-operative day. You may want to wear your oldest and least favorite garments and to use your oldest bed linens for the first day or two after surgery.

It is highly recommended that you shower the day after surgery and wash the surgical sites and the open areas well with soap and water.

If there are any questions or concerns regarding these instructions or any other matter, please contact the office at (781) 239-0680. Dr. Shektman can be reached 24 hours a day.

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