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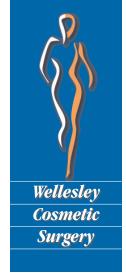
Pre-Operative Instructions for Liposuction Patients

1 16-Operative instructions for Liposuction	
Report to the office no later than o	n the day of surgery ().
Do not take Advil, Motrin, blood thinners, aspirin, or aspirin balka Seltzer, Anacin, Bufferin, Excedrin, Darvon, or Fionral ma	
Do not eat or drink anything after midnight the night before to water, coffee, tea, juice, or soda. Do not chew gum, or have to follow these instructions.	
If you take morning prescription medication(s), take them on t	he morning of surgery with as little water as possible.
You will be given a prescription for Celebrex. You should fill the You will take two pills the day before your surgery and one pills the water as possible. You will then continue taking the remarks	Il the morning of your surgery as soon as you wake up with as
Stop all dietary supplements (i.e. vitamins, herbal remedies, let you know at your first pre-operative appointment when yo	
You must stop smoking for two weeks before and two weeks after the procedure.	
Shower well the morning of your surgery and thoroughly clea tanner please avoid doing so for one week prior to your surge	
Do not use any creams, powders, perfumes or deodorants an	ywhere on your body the morning of surgery.
Wear comfortable clothes and low shoes, such as a top that a leave all jewelry at home including all body piercings. Absol	
You must have someone accompany you to the office the day your procedure. You cannot be sent home in a cab unless you	
Arrange for someone to assist you at home for one to two day	ys after your procedure.
We recommend that you try to take at least 5 to 7 days off from	om work to recover.
Failure to cancel your surgery appointment within 15 busines	ss 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.

Certified by the American Board of Plastic Surgery

Facility accredited by the Joint Commission on Accreditation of Healthcare Organizations



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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 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.