

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



LIPOSUCTION PRE-OPERATIVE INSTRUCTIONS

You are scheduled for surgery on <TF.ProcAppt.Date> at <TF.ProcAppt.T at Alessandro Surgery
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Center, 73-719 Alessandro Drive, Palm Desert, California.

1. All financial obligations must be fulfilled before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Please check that you have received a copy of your post-op medication order.
4. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) for two weeks prior to surgery.
5. If you take any medications on a routine basis, please continue to do so, but advise the doctor and his nurse so they can tell you what to take the day of surgery.
6. **You cannot drive yourself home.** Please have a responsible adult pick you up and stay with you for the first 24 hours. You will need to leave the name and telephone number of the person picking you up at the front desk.
7. Do not wear any jewelry or bring any valuable. Please leave these items home.
8. Do not wear contact lenses.
9. The day before, and the day of surgery, shower with an antibacterial soap two times. Do not apply powders or creams to the body.
10. Wear comfortable loose fitting clothing that pulls on or buttons in the front, with socks and flat shoes.
11. If you smoke, please try to cut down or stop at least one week before surgery. This will help you heal better.
12. **Do not eat or drink after midnight the night before surgery.**
13. Please have on hand, old large bath towels and not-so-special bed linens. We want to protect your bed and car from fluid.
14. Please purchase extra absorbent pads. Kotex pads box of 24.

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LIPOSUCTION POST-OPERATIVE INSTRUCTIONS

1. Patients can expect a moderate to large volume of blood-tinged fluid to drain from the very small incisions during the first 24 -48 hours following liposuction. Often, the case is the more drainage, the less bruising and swelling there will be. During the first 36 hours, you should sit or lie on plastic under older bath towels. You can purchase extra pads.
2. Keep the incisions clean. Shower at least once daily, when doctor gives you permission, with antibacterial soap. Rinse, pat dry then let skin dry to air for 5 minutes. While leaking, cover incision with absorbent pads. During the time of your shower, your helper can throw your garment in the washer and dryer so you can have it clean to put on again after your shower.
3. Take all post-op medications as ordered. Take antibiotics with food. Do **NOT** soak in the bathtub or use a Jacuzzi or pool until instructed.
4. Do **NOT** self-medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating physician after surgery. Self-medicating could lead to drug toxicity or death.
5. Some pain and swelling after surgery can be expected. This should be minimal.
6. You will notice a nice change in your shape within a few days. However, it will be weeks, (several weeks to a couple of months), before all the swelling goes away and all the firmness resolves.
7. The small incisions will be dark after they heal, but will fade away completely after many weeks. Put small dot Band-Aids on them the first few weeks if you are in the sun. The sun can make them darker.

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