

Cruise Plastic Surgery

180 Newport Center Drive, Suite 150, Newport Beach, CA 92660, Phone: 949-644-4808, cell: **949-310-8055**

PRE - & POST- OP INSTRUCTIONS

TUMESCENT LIPOSUCTION

TIME FOR SURGERY: 1 ½ - 4 HOURS

RECOVERY TIME: 1 - 4 WEEKS

BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking at least 2 weeks prior to surgery as nicotine can impair and delay healing.
3. Stop all aspirin containing products, medications that contain blood thinners (Ibuprofen Motrin, Advil etc.) vitamin E and herbal supplements including: St. John's Wort, green tee, Ginkgo and garlic supplements - 2 weeks prior to surgery. You can take 1 multivitamin a day.
4. Let the doctor know if you develop an illness, cold, or any skin infection in the liposuction area within a week of surgery.
5. Make sure all requested labs, mammogram and doctors clearance are delivered to Dr. Cruise's office on time.

THINGS TO PURCHASE BEFORE SURGERY

1. **Medications.**
2. **Garment.** You may either go to www.maidenform.com flexees® shapewear and buy a body shaping garment for the body part being liposuctioned (eg. 3468 - waist, 12415 - thighs. 12425 - thigh/waist combination). Or you may go to Mervyns, Target or other store to purchase something similar. **It is a good idea to buy 2 garments.** One that fits, just a bit bigger, to account for swelling after surgery (bring this one to surgery, as it will be put on immediately after surgery) and one that fits snug for when the swelling goes away. **For Male abdomen and flanks, the best garment seems to be the Ace Back Brace, is usually found at any Rite Aid or CVS. This garment is easily adjustable.**
3. **Multivitamin.** Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.
4. **ABD Pads.** You may purchase a box of small ABD pads at any pharmacy or in our office as part of your pre-operative kit.
5. **Bacitracin/Neosporin.** You may purchase Neosporin at any pharmacy or in our office as part of your pre-operative kit.



Optional

1. **Chucks and Alcohol Swabs** - May be purchased at any pharmacy or provided at your pre-operative appointment as a part of your Surgical Kit.
1. **Arnica** - www.alpinepharm.com - may decrease bruising, or help it to go away faster. You may purchase Arnica at any health food store or in our office as part of your pre-operative kit. ***People with high blood pressure should not take Arnica.**
2. **ScarLess®.** ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You may purchase ScarLess® at our office as part of your pre-operative kit. Begin using at 10 weeks after surgery.

THE DAY OF SURGERY

1. You may shower and shampoo your hair the night before or morning of your surgery.
2. Don't eat for 8 hours and don't drink for 6 hours before surgery (general anesthesia).
3. You may brush and rinse your teeth, but do not eat or drink anything.
4. No moisturizer or body lotions.
5. Do not bring any jewelry or valuables with you on the day of surgery.
6. Wear comfortable, loose-fitting clothing. Wear flat, comfortable shoes. Remove contact lenses and dentures before surgery.
7. Someone must drive you home and stay with you the first night (general anesthesia).
8. Pack your bag before you leave to the surgery center. This should include:
 - all paperwork
 - reading glasses
 - your identification
 - warm cotton socks
 - all medications
 - saltine crackers in case of nausea during your ride home.

AFTER SURGERY

1. Continue to limit yourself to light activities the first week after surgery. However, make sure that you don't stay in bed continuously. Make sure you walk around every once in a while to allow for blood flow.
2. Have some Gatorade available. Make sure you drink a lot of fluid post-operatively.

3. After the first week, limit yourself to activities that are comfortable. No strenuous aerobic activity for 4-6 weeks after surgery.
4. The night after surgery you might want to have some protective sheets or towels on your bed. Your incisions will ooze for the first one to two days.
5. **ADJUST GARMENT/ BANDAGE EVERY 2 HOURS.** This may mean undoing and repositioning the binder. You should have **gentle** compression. If you cannot put your finger in between the garment and your body, it means it is too tight. If the garment is too tight it will prevent proper blood flow.
6. Apply Polysporin/Neosporin Ointment to the incisions with cotton tipped applicator daily until the sutures dissolve.
7. You may shower as soon as you like after surgery. Make sure someone is with you. You may be nauseated from anesthesia for up to 2 days. Pat the incisions dry and reapply the Ointment.
8. Do not smoke for at least one week after surgery.
9. Do not use aspirin-containing products for at least one week. You may take Tylenol or pain medication as prescribed.
10. No weight loss diets for at least 3 weeks. Make sure to eat a healthy, well-balanced diet during this time.
11. Avoid direct exposure of incisions to sunlight for at least 6 weeks. After 6 weeks, apply sunscreen (at least SPF 15) to the area of the incision if you will be in the sun for extended periods of time.
12. Be sure to finish your entire prescription of antibiotics.
13. To minimize scars start applying ScarLess on your incisions. ScarLess is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You can purchase ScarLess at our office. Begin applying at one week.

WHAT TO EXPECT AS YOU RECOVER

1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the next day.
2. You will probably be very sore for the first week. Bruising is normal and will subside in 2-4 weeks.
3. You may experience some numbness. Remember not to put ice or anything hot directly onto skin because you may have decreased awareness of temperature damage.
4. Once all of the swelling has subsided, you may opt for a small touch-up.

WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following:

- a temperature of 101 F or higher,
- increased local redness or warmth,
- chest pain, shortness of breath,
- legs swelling, calf pain
- if you feel that anything might be wrong.

Please call the office during regular business hours @ 949-644-4808 after hours call Dr. Cruise @ 949-310-8055. If either of the previous numbers fail please call our Back-up line @ 949-266-4018.

POST-OP VISITS AND CARE SUMMARY

Concern	Instructions
Blood Clot	<ol style="list-style-type: none"> 1. It is important to walk at least every hour while you're awake to prevent blood clotting - do not over do it. Right after surgery you will be instructed to walk around every 1 hour. 2. Pay specific attention to leg swelling. if you notice swelling on only one leg or calf pain contact the office.
Constipation	<ol style="list-style-type: none"> 1. If you are constipated at day 2 stop taking Vicodin or Darvocet. 2. Encourage walking, drink a lot of fluids, consider laxative (Ex-lax or Correctol).
Fever	<ol style="list-style-type: none"> 1. Make sure to cough and deep breaths as fever is usually in lungs for the first 3 days after surgery.
Garment Placement	<ol style="list-style-type: none"> 1. ADJUST GARMENT/ BANDAGE EVERY 2 HOURS. This may mean undoing and repositioning the binder. You should have gentle compression. If you cannot put your finger in between the garment and your body, it means it is too tight. If the garment is too tight it will prevent proper blood flow.

Activity

1. You can take a cool shower the day after. Allow clean water to run over the body. Pat dry. Make sure you have someone helping you.
2. Walk every hour while awake for the first day and then every 2 hours.
3. Sleep at 45 degree angle for the first 3 nights.
4. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do.
5. You can exercise areas other than the area liposuctioned at 2 weeks. You can work out normally after 6 weeks.

Wound Care

1. Your gauze will be changed at your follow up visit. You may change it at home if needed.
2. Make sure your garment is placed correctly.
3. Keep surgical area clean and dry at all times.
4. Your sutures will be removed at 10 to 14 days after surgery. Surgical tape will be applied. When comes off in approximately at 1-2 weeks, begin applying ScarLess® for 2-3 months twice a day. Make sure to keep compression on.

Patient Signature

Date

Representative of Cruise Plastic Surgery