

Richard A. D'Amico, M.D.
180 North Dean Street Suite 3NE
Englewood, NJ 07631
201-567-9595

INSTRUCTIONS FOR LIPOPLASTY SURGERY

PRE-OPERATIVE INSTRUCTIONS:

All patients having abdominal liposuctions must get and bring to the office with them a long line bra (the old-fashion, corset style bra available at large department stores and here in Englewood, at *Adele and Agnes*). Remember that after surgery you will be somewhat smaller so you should buy one that is snug. It should be rear closure with hooks and eyes. Do not get a front closure bra.

*You will receive and need to fill the following **prescriptions** prior to your procedure.*

Valium, relaxation aids in healing and some discomfort related to your procedure.

Percocet, to be used for severe pain only. This medication can be taken every 6 hours, however, some patients may experience nausea or constipation so we encourage Tylenol for pain.

Zofran, for post-op nausea if you need it, place under tongue.

*you will also need from the pharmacy prior to your procedure... **Tylenol ES***

POST-OPERATIVE INSTRUCTIONS:

DIET: Start with fluids in a small amounts and work your way up to **drinking about one gallon of fluids daily**. Cocoa-Cola, ginger ale and Gatorade are good things to drink. No DIET!
Avoid citrus juices and coffee the first day.

Start eating slowly with bland, easy to digest foods such as clear soups, toast with jelly, Jello, or crackers. When you can tolerate these foods, you can start working your way into other foods.

ACTIVITY: You should avoid any strenuous activity until otherwise instructed. **Getting up and moving around the house is encouraged but don't over-exert.**

GARMENT: You should **wear your garment 24 hours per day** unless otherwise instructed. It is expected that you will have drainage from the incision line. This is mostly the fluid that was injected during the surgery mixed with a little blood. It is not necessary to worry about the garment being cleaned until after your first visit back to the office.

You may experience some swelling of the hands, feet or ankles depending which areas were liposuctioned. You should elevate the area to help this swelling resolve. This may take a week or more.

SHOWERING: **Do not shower or take a bath** until you are instructed to do so by Dr. D'Amico.

I acknowledge receipt of these instructions and have had all my questions answered.

Signature

Date

Signature

Date