



**Cedars
Minimally
Invasive
Surgical
Suite, PC**

BEFORE LIPOLITE INSTRUCTIONS

Our office wants to provide you with the very best surgical care. You can help to minimize the risk of complications by carefully reading and following your preoperative and postoperative instructions. Ask us to clarify any item about which you have questions.

1. Do Not Take ASPIRIN (Anacin, or Bufferin, or Baby Aspirin) or **IBUPROFEN** (Advil, Motrin, or Nuprin), or **NAPROXEN** (Aleve) or other Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) similar to these medications, **for Ten (10) days before surgery**. These substances impair platelet function in the normal clotting process and thus promote bleeding and bruising. It is permissible to take acetaminophen (Tylenol or Anacin-3).

Please see attached for a list of common drugs that contain aspirin.

2. Do not take decongestants such as Sudafed or Actifed for 5 days before surgery. Do not take appetite suppressants such as phentermine (Fastin) for at least 2 weeks before surgery. Do not take Zoloft or other antidepressants and all herbal remedies, unless specifically approved by your surgeon, for two (2) weeks before surgery.

Please see attached for a list of drugs that might have adverse drug interactions with the local anesthetic Lidocaine.

3. Do not drink alcohol for 2 days prior to surgery, this might cause excessive bleeding, decrease resistance to infection. Please avoid red wine for 4 days before surgery in order to minimize bruising.

4. Do Not Drive Home: Arrange to have someone drive you home from CMISS, PC after your procedure.

5. Do not wear unnecessary jewelry, no perfume (deodorant is OK), and minimize use of cosmetics.

6. Diet before surgery: You should eat a **light, low fat** meal, such as toast and juice, fruit, dry cereal and/or non-fat milk no closer than **two** hours prior to surgery. Avoid whole milk, cream, butter, cheese and other foods that are high in fat content as dietary fat slows digestion and delays stomach emptying. Please minimize caffeine the day of surgery. You will be given a snack as soon as surgery is completed.

7. Changing your dressing the morning after surgery is easier if you have someone to help you.

8. Loose Clothing on the day of surgery: There is usually quite a lot of drainage of slightly blood-tinged anesthetic solution after surgery. Since this drainage might stain clothing, we suggest that you choose your clothing with this in mind. Because we will apply elastic support garments on top of some bulky absorbent gauze padding your clothing should be very loose, and comfortable.

Women: Wear a comfortable bra that you would not mind getting stained from the black ink that is used to mark surgical areas. Do not wear a bra that has wires or an exercise sports bra if you are having liposuction on your abdomen or torso.

Men: Speedo-type swim trunks are the easiest type of garment to wear into the room for surgery. Jockey-type underpants are acceptable. Boxer-type underpants are less convenient, and may prevent optimal results. Bring extra underpants to wear after surgery.

9. Bring warm socks to prevent cold toes during surgery. If you tend to get cold hands, you are welcome to bring clean mittens (no leather gloves) to wear during the surgery. The room is kept relatively warm, about 72 to 75 degrees F.

10. Do not use moisturizers or soaps that contain moisturizers for at least a week before surgery. Tape and the ink markers used to outline the areas of your body to be treated by LipoLite will rub-off too easily if you have recently used a moisturizer.

11. Towels & Plastic Sheets. Plan ahead and avoid staining the car seat with blood-tinged anesthetic solution: Bring a towel, and a plastic sheet (such as a trash can liner) to cover your car seat during your ride home. **Prior to surgery** place a protective pad on your bed and your living room chairs to prevent drainage from staining mattress and other furniture.

12. Do not fast or undergo dramatic weight loss just prior to surgery. All patients should be on a stable, healthy, well balanced diet for at least 2 weeks before surgery. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications, poor wound healing.

13. Music to Relax By: Patients usually enjoy listening to soothing quiet music during surgery. We have a nice selection of spa music, however if you would like to bring your own music, such as an Ipod, please feel free to do so.

14. Antibiotics. It is imperative that you take your antibiotics as prescribed to prevent infection. You must take your antibiotic for two days prior to surgery, the morning of the procedure, and for two days following the procedure. **Failure to do so will result in the cancellation or delay of your surgery.**

Patient's Signature

Date/Time