



Minimally Invasive Therapy Specialists

PRE AND POST TREATMENT PATIENT INSTRUCTIONS FOR LIPOSUCTION AND FAT TRANSFER

BEFORE YOUR PROCEDURE

- 1) You will need to purchase compression garments before the scheduled day of your procedure. There are several online stores as well as local brick and mortar stores that sell these garments. Please buy at least two sets of these garments so you can wash one pair while using the other. Please make sure you bring one pair with you when you come for the procedure.
- 2) You will need to provide us with complete list of all medications you are taking. We will perform a history and physical on you. In some cases, we may ask your primary physician to give us clearance for your procedure.
- 3) For two days prior to the procedure, on the day of the procedure, and for a week after, we recommend that you shower with Hibiclens soap. This is commonly available in any pharmacy.
- 4) You should try to get a good 8 hours night sleep before the procedure. If necessary, take an over the counter medication to help you sleep.
- 5) We will prescribe you a short course of antibiotics. You need to take the first dose the morning of the procedure.
- 6) You should take all your prescribed medications as routine the day of the procedure. The only exception will be any blood thinners like aspirin, Advil, or similar products.
- 7) Have a light breakfast or lunch depending on when your procedure is scheduled.
- 8) We recommend that you do not smoke or consume alcohol for at least a week before your procedure.
- 9) You will need to make the entire payment for the procedure a week before the procedure, even if the procedure is staged with parts being performed weeks or months later.



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THE DAY OF THE SURGERY

- 1) Make sure you get a ride to the office. Have an adult bring you back home and stay with you for at least 24 hours.
- 2) Make sure you wear clean loose fitting dark colored clothing. It is preferable that you do not wear undergarments.
- 3) Bring a plastic sheet to put on your car seat. You will drain tumescent anesthesia on your way back home and overnight in your bed. You need to cover your car and bed with water proof covering so they don't get spoiled.
- 4) Make sure you take a shower the day of the procedure with hibiclens soap.
- 5) Take all your medications as well as the antibiotic prescribed by us.
- 6) Make your follow-up appointment before you leave.

AFTER THE PROCEDURE

- 1) You can resume your regular diet immediately following your procedure.
- 2) We will prescribe your pain medications. Both narcotic and non-narcotic. Please take the non-narcotic pain medication on a regular basis for at least 72 hours after the procedure. In needed you can take narcotic medications at your discretion.
- 3) You should take a shower in the morning and remove any absorbent dressings. You will continue to drain for 24 hours or more. Please make sure that you put a plastic sheet over any sofa or bed you use.



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- 4) Try to resume your regular activities as soon as tolerable.
- 5) You should stop draining completely in 48 hours.
- 6) Please continue wearing the compression garments continuously except for taking a shower for 4 weeks following the procedure. Compression garments will facilitate early healing and will make you feel more comfortable.
- 7) Do not use a bath tub, sauna or steam room for at least 4 weeks after the procedure.
- 8) For the first week, you will develop swelling in the treated area. It is recommended that you perform gentle self-massage to facilitate healing in the treated area. Do not apply cold or heat packs to the treated areas.
- 9) During the 2nd through 4th week, the treated areas will become firm. Gentle self-massage of the area is recommended.
- 10) Firmness and swelling will start to disappear in 4 – 6 weeks. You will assume your final appearance in 4-6 months.