TUMESCENT LIPOSUCTION PRE & POST CARE INSTRUCTIONS

PRIOR TO YOUR TREATMENT TAKE ALL MEDICATIONS AS PRESCRIBED:

- KEFLEX - one 500 mg tablet 2 times a day. Begin the day before surgery. (Or another antibiotic if allergic to Keflex as prescribed by Dr. Mraz Robinson.)
- VALIUM - 5 mg tablet - BRING the bottle to the center with you, but DO NOT TAKE VALIUM on the day of surgery. Valium may be given during surgery if needed.
- DO NOT TAKE ASPIRIN, VITAMIN E supplements, or ibuprofen-containing products (see attached list) for 2 WEEKS prior to surgery.
- Inform the staff if you are taking ANY medications (prescription or over-the-counter) or if you have any allergies to medications.
- PLEASE TRY NOT TO SMOKE for 1 week prior to surgery.
- DO NOT DRINK ANY WINE or ALCOHOL for 48 HOURS before surgery.
- Eat breakfast as normally on the morning of surgery.
- Wear comfortable loose clothing the day of surgery, (be aware that clothing will become soiled from fluid drainage from incision sites.) You will be bandaged and post-operative compression garments will be applied before you leave.
- The initial compression garments and the second set of garments given at your first follow-up visit are included in the surgery price. You may want to purchase additional pads for any residual drainage on the second or third day.
- DO NOT plan to drive yourself home after surgery. YOU MUST arrange for transportation home after the procedure and for someone to stay with you overnight. If you will be staying alone, please notify us in advance of your surgery date.
- You will want to protect the seat of the car with a garbage bag, shower liner, or something similar on the ride home from fluid leakage.

TUMESCENT LIPOSUCTION POST-CARE

- Continue to take all medication as prescribed: *Keflex (or other antibiotic if allergic to Keflex as prescribed by Dr. Mraz Robinson.)
- Tylenol for pain or Tylenol with Codeine for pain as directed. (Please read instructions on the bottle label carefully.)
- DO NOT TAKE ASPIRIN OR IBUPROFEN CONTAINING PRODUCTS FOR THREE DAYS* *
- DO NOT DRINK ALCOHOL FOR THREE DAYS.
- PLEASE DO NOT SMOKE for 48 hours after surgery.
- You will be leaking from your incision sites for the first few days post-operatively. This is normal and should not alarm you. You will want to protect your mattress and upholstered furniture from leakage. Some of our patients use plastic garbage bags or shower curtain liners for protection.
• No strenuous activity for 1 week. Please ask at your follow up visits if you have questions regarding when
you may resume exercising.
• Do resume your regular diet and drink lots of fluids.
• Notify Dr. Mraz Robinson if you have a temperature greater than 101.0o F, drainage becomes bright red,
if you have difficulty speaking, ringing in the ears, tremors or tingling around your mouth.
• Return 1 day after surgery for a follow-up visit and dressing change. (Appointment will be made for you.)
Your garments will be removed at that time. DO NOT take them off at home. Your dressings will be
changed, and you’ll be instructed as to care of your incisions at home, and you will be given garment
instructions. Most patients can shower on post-op day #2. Do not take baths or Jacuzzis until all incision
sites have closed.

If you have any questions or concerns, please call the office at 203-635-0770.