

**James R. Benjamin MD**  
Plastic and Reconstructive Surgery  
301-262-1118/ 301-805-8399  
**Pre and Post-Operative Instructions**

**Liposuction**

**Pre-operative Instructions**

*24 hours before:*

Pick up prescription for pain from office or be sure they have been scripted  
Purchase CoQ10 100mg, Ester C 1000mg, Vit. E 400mg, and Vit. A 10,000 IU  
to be taken once a day. Bromelain to be taken 3 times a day between meals  
Purchase Pericolace or Ducolax stool softener and laxative  
Fill prescription  
Do not eat or drink anything after 12 midnight.  
Purchase soft ice packs and place in freezer.

*Day of Surgery*

Have someone drive you to the hospital  
Have someone pick you up from the hospital  
Shower the morning of surgery. Shave underarms and pubic areas if being suctioned  
Do not use Deoderant, Lotion, or powder.

**Post-operative Instructions**

Diet

Start with liquid- water, Sprite, Coke, then progress to crackers, then soft diet and finally a regular diet. Drink plenty of fluid to replace the volume of blood lost during surgery, in order that you don't feel dizzy when you stand up. Your body will gradually rebuild this supply. Remember that a high sugar diet adds to inflammation and pain. Try to avoid this in excess. Start taking your vitamin supplements as soon as you are tolerating food. These will help in wound healing and scar formation.

Breathing

Take deep breaths every hour and cough. Good oxygenation is vital to wound healing and prevention of pneumonia and atelectasis.

Pain Control

Use the narcotic medication prescribed by the doctor every 6 hours. Though the prescription says every six hours as needed for pain, you can combine it with the Ibuprofen for extended relief. For many patients, narcotic medications may not be necessary at all. Remember that narcotic medications can also cause constipation which can increase abdominal pressure. Be sure you are taking your Pericolace daily as long as you are taking narcotics, to prevent this. The sooner you can stop taking the narcotic analgesic the better. Remember they can be addictive.

Motrin, up to 800mg three times a day, may be utilized for up to 10days, often giving adequate pain relief.

Ice packs are helpful in decreasing swelling and discomfort. Use them for 15min at a time at least hourly. Avoid exposure for longer than 15min.at a time to minimize chances of frostbite.

### Bathing

You can sponge bathe for the first 24 hours. After that, feel free to shower with assistance. Sometimes, after liposuctions exceeding 2500cc, heat of showering can cause vasodilation and sudden drop in blood pressure. Always remember to keep the incision site dry after showering until healed. After the skin is completely healed you can feel free to take a bath.

### Warning signs

Fever, leg pain, sudden shortness of breath, chest pain, increased redness of the skin, all warrant a call to the doctor. Have your local pharmacy number on hand when you call so he can call in a prescription if he needs to. Should you have any other concerns during your post operative period, please call so we can discuss them.

**Next Appointment** -Call the day after surgery to schedule a follow-up appointment within 3-4 days.

I have received 2 pages of instructions and understand the directions as stated here.

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(Signature)

(Date)