
Pre-Operative Liposuction Instructions

Pre-Operative Instructions:

- Discontinue Aspirin or any drugs containing aspirin, including arthritis, pain, or anti-inflammatory medications for two weeks prior to surgery and for two weeks following your surgery. Limit Vitamin E to less than 400 mg per day.
- No smoking for two weeks prior to your surgical procedure. We recommend smokers take 2 grams of Vitamin C per day for two weeks before and after surgery.
- Please have your prescriptions filled prior to surgery.
- Please have old towels available at home and old sheets on your bed and chairs.

The Day Before Surgery:

- If General Anesthesia or Intravenous Sedation is used: No food or liquids after midnight the evening before your surgery. This includes water. If medications are given to take prior to surgery, small sips of water are permissible for the intake of medications Dr. Heir has prescribed for you.
- Cleansing: Shower the night before and morning of surgery using Dial Anti- bacterial soap or Phisoderm (typically located behind the pharmacy counter).
- Please do not apply moisturizers, lotions, creams or perfumes the day of surgery.
- Wear comfortable, loose-fitting clothing. We do not advise patients to wear “nice” or “new” clothing for liposuction surgery due to possible drainage from the incision areas may stain clothing articles.
- Remove all pierced jewelry, hairpins, rings, watches and nail polish.
- Confirm your surgery time. We will call you to confirm your time of surgery.
- Do not drive yourself to your surgical procedure. Please arrive approximately 30 minutes prior to your scheduled surgery time. Please be sure to have an accurate telephone number of the person who will be driving you home from surgery.

The Morning of Surgery:

- You may brush your teeth, but do not swallow the water.
- For facial procedures, wash your face, hair, and neck with Septisol or Phisoderm thoroughly prior to surgery. Reduction of skin bacteria will decrease the risk of infection.
- Please do not wear moisturizers, creams, lotions, or makeup.
- Wear comfortable, loose-fitting clothing that buttons or zips down the front. Do not wear clothing that has to go over your head.
- Remove all nail polish, hairpins, jewelry, etc.
- Shower and wash the surgical areas again with Dial soap.
- Arrive to the office approximately 30 minutes prior to your scheduled surgery time.