



Looking good & feeling great!

Pre-Operative info for Liposuction/Liposculpture:

1. No smoking for one week prior and two weeks after surgery. This decreases your circulation and slows down healing. If you have extensive areas done, the decrease in circulation could cause the skin to slough.

2. Medications - Do not take aspirin or aspirin containing medications for ten days prior to surgery. Do not take any Vitamins containing Vitamin E – 10 days prior to surgery.

The following list of medications are to be avoided as they increase bleeding tendencies.

Please check with us if you are not sure.

Advil–Children’s Aspirin– 4-Way Cold Tabs– Phenaphen	Anaprox– Darvon– Meclomen– Sine Off Anaproxin– Darvon with ASA– Medipren– Sine Aid	Bufferin– Emprazol– Naprosyn– Trilisate Cheracol Caps– Excedrin– Norgesic– Vanquish
Alcohol–Congesprin– Ibuprofen– Quagesic	APC– Dolobid– Midol– Trandate	Clinoril– Feldene– Nuprin– Voltaren
Alka Seltzer– Coumadin– Indocin– Robasisal	A.S.A.– Dristan– Motrin– Trental	Cope– Fiorinol– Percodan– Zactrin
Anacin– Coricidin– Indomethacin– Rufin	Aspirin– Ecotrin– Nalfon– Trigesic	Zoprin

**Herbs–i.e. Ginko Biloba causes increased bleeding. St. John’s Wort interferes with some medication.

Stop all herbs 14 days before surgery.

3. No alcohol for 48 hours prior to surgery or for one week after surgery.
4. Please shower the night before your surgery and again the morning of your surgery. We would like you to use Spectro Gram soap which we will supply for you.
5. Please eat a light meal the day of your surgery.
6. You will be given a prescription for antibiotics and this should be started the night before your surgery.
7. We will supply you with one dose of Valium to be taken the night before your surgery.
8. Wear loose fitting clothing such as old sweat shirts and pants of a dark color because of the drainage.
9. No jewellery, nail polish, make-up or lipstick, the day of surgery.
10. Please have a friend or family member drive you to the clinic and home. Expect to be in the clinic for a few hours.
11. You will need to purchase maxi pads to be used as a dressing for the wound sites post surgery. A protective cover for your mattress, such as a shower curtain, is suggested as the wounds will be draining.
12. You will need hydrogen peroxide or rubbing alcohol to cleanse the wound sites post surgery.
13. PAYMENT IS DUE BEFORE THE DAY OF SURGERY BY CASH OR CERTIFIED CHEQUE. VISA, MASTER CARD, AND AMERICAN EXPRESS MAY ALSO BE USED. FINANCING ARRANGEMENTS MAY BE MADE THROUGH THE BANK OF NOVA SCOTIA.

Remember: Your surgery is tax deductible
Patient Consent is Required. A patient consent form must be completed before proceeding.
The consent form is available at our office.