

**GEORGIA DERMATOLOGIC SURGERY CENTERS, P.C.**  
**MARK F. BAUCOM, M.D.**  
**THE MEDICAL QUARTERS, SUITE G-65**  
**5555 PEACHTREE-DUNWOODY RD.**  
**ATLANTA, GA 30342**  
**PH)404/943-1996 Fx)404/943-9464**

## **LIPOSUCTION PRE-OP INSTRUCTIONS**

### **2 weeks before the procedure:**

1. Stop taking **ANY** Aspirin, Motrin, Ibuprofen, Aleve, or any other blood thinners. Also discontinue any Vitamin E, Ginko, diet aids or herbal supplements. Tylenol is okay to use.
2. Fill the antibiotic prescription and pain medication prescription.
3. Purchase the compression garment(s) that you will need:  
**Chin area:** order one of the special compression garments made for the chin. Most people will need the large or medium size as they tend to run a little small.  
**Women: for abdomen, hips or thighs:** purchase 2 girdles that cover the areas to be treated. Styles with an opening at the crotch are more convenient. Plan to wear a swimsuit or old underwear during the procedure.  
**Men: for the abdomen:** order one of the stretchy waist wraps from Garments Direct.  
**Also** buy a Speedo swimsuit or tight lycra compression shorts; one of these is necessary to provide compression and prevent swelling after the surgery. In addition it will make your photos more consistent.
4. Get an **antibiotic ointment** (Polysporin or Bacitracin) and **small bandaids** - these will be used to treat the incision sites after the drainage has stopped.
5. Buy some **REGULAR maxi-pads and paper tape**- the pads are used to prevent fluid leakage onto your clothing. The tape is used to secure the pads. One package of pads and one roll of tape should do.

Arrange for transportation home from the procedure- you **will NOT** be allowed to drive home. A taxi is okay, but we will need to let security know if you plan to leave your car in the parking lot overnight.

**The morning of the procedure:** Start antibiotics. Wear casual, loose clothing and **EAT BEFORE THE PROCEDURE.**

### **BRING WITH YOU:**

1. **Your compression garment (Girdle, wrap, Speedo, swimsuit etc...)**
2. **CD's or iPod-** anything you would enjoy listening to during the procedure.

Cancellation policy: We require 1 week notice if you need to cancel the procedure; otherwise your appointment deposit will be forfeited. Rescheduling the appointment due to an emergency will be handled on a case-by-case basis.

**\*\*\* IN CASE OF EMERGENCY OR UNCONTROLLED BLEEDING \*\*\***  
Call 404/943-1996 for instructions on paging Dr. Baucom

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### **LIPOSUCTION POST-OP CARE**

**Go home and take it easy.** You may appear larger than prior to the procedure because of the large volume of anesthetic that has been infused into the area.

**1. The compression garments should be worn continuously for at least one week.** They may be removed to clean them and for bathing. During the second week, continue compression during the day, but you may remove it at night. The firm elastic or corset-like garments will act like a mold for the desired contour, and also help to decrease swelling and reduce the chance of bleeding or bruising.  
\* For the chin area, wear the garment for 3 days continuously, and then at night for another 2-3 days.

**2. Drainage:** You will experience some drainage from the incision sites the first few days after the procedure. The fluid will appear bloody, but it is actually mostly anesthetic fluid. Absorbent pads, such as Maxi-pads can be used to prevent leakage onto clothing. These pads will need to be changed several times over the first 2-3 days. Drainage from the incisions will actually reduce swelling from the anesthetic fluid more rapidly. Although most of the swelling due to the anesthetic will resolve in about a week, final resolution of all swelling will take 3-6 months.

**3. Incisions:** After the drainage from the incision sites stops, you will need to clean them once per day with hydrogen peroxide then cover them with a thin layer of antibiotic ointment (Polysporin or Bacitracin) and a Band-Aid. This wound care needs to be done until the incision is closed.

**4. Discomfort:** Recovery from liposuction can be remarkably rapid. Some discomfort in the days following the procedure is normal, but can be controlled with Tylenol or your prescription pain medication. **Aspirin, Motrin/Ibuprofen, Aleve, any blood thinning products, and alcohol are not to be used for one week after the procedure.** Use of these products in the immediate post-operative period greatly increases your chance for post-operative bruising and/or bleeding.

There may be some patchy numbness in the treatment area. This is usually temporary, but may take several months to resolve.

**5. Working out:** You will be able to resume working out in one week. You may feel achy in the treated areas, but this will improve more quickly if you resume your exercise schedule. Ibuprofen (Advil) can be used at one week following the surgery- you can take it an hour or so before working out in order to reduce discomfort.

Although the fat removed is permanently gone, it is indeed still possible to gain weight overall. Remember, liposuction is primarily a contouring procedure, and your best results will be obtained at your desirable body weight. You have invested in the discomfort and cost of the procedure; be sure you get the maximum benefit by maintaining your fitness.

**6. Swelling and skin:** You will not have your "final" results until 3 to 6 months following your surgery. In some cases, it will take even more time for your skin to finish shrinking to your new size. Most patients, however, will notice at least some difference immediately.

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