# General:

* Please arrive at the facility 60 minutes in advance of your surgery.

# Lifestyle:

* Smoking – No smoking 8 weeks prior to and 4 weeks after surgery. Smoking reduces the blood supply to the skin and causes wound healing complications.
* Diet – Nothing to eat or drink after midnight the night before your surgery.
* Hygiene – Use an antibacterial soap (Hibiclens) the night before and the morning of surgery. Do not apply perfume, body lotion or powder. No Make-up!

REMOVE ALL BODY PIERCINGS! No exceptions. Shower after your post-op day 1 appointment.

* Valuables – Leave all jewelry and valuables at home.
* Clothes – Wear comfortable, loose, old clothes and flat shoes. Wear a button-front shirt and loose pants with elastic waist.
* Ride – You must have a ride home from the facility and from your appointment the day after surgery. A responsible adult should remain with you for the first 24 hours.

# Medications:

* Do not take any aspirin-like products (aspirin, Bayer, Motrin, Advil, Aleve, etc.), Vitamin E or herbal supplements 2 weeks prior to surgery. TYLENOL is OK.
* General anesthesia and prescription drugs can cause constipation; please take a laxative 2 days prior to surgery and begin a stool softener after surgery to minimize constipation.
* On the morning of surgery, please place the transdermal patch behind your ear and take the Zofran tablet with a sip of water. These may help with nausea after surgery.

# Garments:

* Dr. Mahony will bring your custom *body* garments and/or bra to the facility on your surgery day.
* For all surgery patients, you will wear the garment and/or bra 24/7 for the first 2 weeks.

# Pre-Op Studies:

* All ordered studies should be received by this office 2 weeks in advance of your surgery.

# Drainage:

* Drains should be pinned to the garment’s

1. Bra’s Band
2. Thread through crotch of garment and pin to the leg of the garment

* Use the yarn to loop around your neck or waist to suspend them without tension when showering
* Liposuction patients should place a plastic cover (such as a dry-cleaning bag over the mattress pad) to reduce staining of linens.
* Drainage is expected from Liposuction access sites for 24-48 hours after surgery.

# Massage:

* Liposuction patients should begin massages on post-op day one. You will learn massage techniques at your post-operative appointment.

# Scar Therapy:

* We recommend the use of Silagen for scar massage, which can be purchased in the office.
* We recommend the use of Tissue Repair Gel for soft tissue massage, which can be purchased in the office. This reduces bruising.