

## ABDOMINAL LIPOSUCTION INFORMATION

### PRIOR TO YOUR ABDOMINAL LIPOSUCTION PROCEDURE

- Prior to your procedure, you will have your “Pre Op” visit with Dr. Papalian generally 2 weeks before to your surgery.
- At that time, your medical condition will be reviewed and any preoperative testing evaluated.
- You will be given clear information on what to expect before, during and after surgery.
- You will be provided with a prescription for your postoperative medications and it is recommended that you have the prescriptions filled at your local pharmacy and ready at home prior to your surgery
- Smoking before surgery will always increase your risk, however it is imperative that you refrain from smoking for 6 weeks prior to your procedure.
- Avoidance of Aspirin and Aspirin containing products is strictly prohibited for 14 days before surgery.
- It is recommended that you avoid alcohol for 48 hours pre operatively.
- “Herbal remedies” and “herbal supplements” are to be avoided for 14 days preoperatively.
- You will be given instructions by Dr. Papalian, on which of your prescription medications you should continue to take before your surgery at the time of your Pre-Op visit.
- Nausea after surgery is not an uncommon finding. Dr Papalian finds that if you eat a light, low residue, low volume diet for the entire day prior to surgery, patients often have fewer issues with nausea.
- Hydration however is important. Drink plenty of water.
- The night prior to surgery, **after midnight**, it is important that you DO NOT EAT OR DRINK ANYTHING, including water.
- You will need to ensure that you have proper help at home for after surgery. It is always recommended that you have someone with you for the first night after surgery. The Abdominal Liposuction procedure is typically well tolerated by patients.
- You will need to arrange for your transportation to and from the hospital. Some patients require transportation to your first postoperative office visit. This is an individual situation and depends on your recovery.

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- Surgery, while anxiety provoking, should be a controlled fulfilling experience. You will be provided with all the information needed to ensure you are prepared and “ready” for your procedure.
- Dr Papalian will guide you “each step of the way” and ensure that you are comfortable with your progress
- You should ask questions and feel free to contact the office if you need any information.
- Prior to your procedure, your post-operative office visits will be scheduled in order for you to schedule appropriate time and make any transportation arrangements needed.

### YOUR ABDOMINAL LIPOSUCTION SURGERY DAY

- After midnight the night before surgery, it is important that you **DO NOT TO EAT OR DRINK** anything, including water.
- The morning of surgery, shower, but do not put any products on your abdominal area.
- It is best to wear clothes that are easy to slip on. A top that is either a front zipper or button is recommended.
- Your procedure will be performed in the outpatient surgery center [LOCATION](#) (Short Stay Unit) at [SEQUOIA HOSPITAL](#) for your safety.
- Your procedure will be performed either under general anesthesia or local anesthesia with sedation. Together with Dr. Papalian, which type of anesthesia best fits your needs will have been decided prior to your surgery. When anesthesia providers are required, the providers are physician anesthesiologists, not nurses, who will personally and continuously attend to you, for your ultimate safety.
- After your procedure, you will spend time recovering in the Short Stay Unit. There is no defined time for discharge. The Hospital staff will ensure that you are ready to go home before you are discharged.
- You will need transportation home from the hospital.
- Patients will be discharged with an abdominal binder, which provides support to the abdominal area and limits swelling.
- After surgery you may resume your routine prescription medications.
- You will usually be seen on the first postoperative day in the office, after which you may shower.

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## RECOVERY AFTER ABDOMINAL LIPOSUCTION

- When performed as a single procedure, recovery from an abdominal liposuction is typically rapid. This will be clearly discussed with you. Having the proper amount of time for recovery and healing are critical to a positive and successful outcome.
- Discomfort following surgery is most often described as “soreness.” Pain medication is prescribed for you.
- You may shower and wash your hair the day following surgery after being seen in the office.
- Swelling and bruising will typically peak on Day 3 after surgery and then begin to resolve. Bruising usually resolves in 10-14 days.
- You will usually be seen on the first postoperative day in the office to ensure your healing. Patients typically continue to wear the abdominal binder for the first several days following which they will wear an abdominal liposuction elastic garment for 10 days.
- Most patients return to work in 2-7 days.
- Patients typically recover rapidly from abdominal liposuction, and can resume normal activities within 2 weeks. Walking exercises are recommended early on, but exercise with significant “bouncing” are not recommended for at least 2 weeks to ensure proper healing.

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