



THE STERN CENTER *for* AESTHETIC SURGERY



1370 116<sup>th</sup> Ave NE, Suite 102 Bellevue, WA 98004  
425-455-9100

### **Pre-operative Instructions for Liposuction and Cellusmooth™**

At the Stern Center, we want your surgical experience to be as positive and comfortable as possible, and ask that you follow these preoperative instructions very carefully. They are designed to ensure complete preparedness on your part, as well as optimum results. If you have any questions about the following, please do not hesitate to call our office.

- Discontinue all aspirin, ibuprofen products (check your labels to make sure) or vitamin E capsules for two weeks prior to your surgery date. Take only Tylenol if needed. We cannot proceed with your surgery if any aspirin, advil or other ibuprofen-related products are taken during this two-week period.
- Be sure to have your blood work completed and physical form filled out by your physician no later than two weeks before your surgery date. The lab is independent of our office.
- Purchase an antibacterial soap such as Hibiclens from the drugstore and shower with this every day for three minutes starting one week before surgery. Wash from neck to knees thoroughly. You may use moisturizing lotion if you wish, except for the day of surgery.
- Begin taking the antibiotic prescription given to you by our office, as directed, starting the day before surgery and continue until they are finished.
- If your surgery is first thing in the morning, it is best to eat a light breakfast the morning of surgery. You may drink water at any time. Remember to take your antibiotic with water before leaving home.
- **Make arrangements to have a friend or relative pick you up and drive you home after surgery.** Though most patients claim to feel fine after surgery, we require this measure as a safety precaution, especially if light sedation was used during surgery. Also, it is recommended to have an adult stay the first night with you.
- Even though the local anesthetic is still present in the tissue for some time after surgery, **it is a good idea to plan ahead and have easy meals available for the next couple days after surgery and have errands run ahead of time.** Again, for most patients the postoperative soreness is minimal, while for some others it is enough to slow down the level of activity for a few days. We feel it is best to be prepared for either.

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- **Have extra towels on hand after surgery**, for your ride home as well as at home to help absorb drainage from the small incisions.
- Men having liposuctions of their abdomen should have an athletic supporter available postoperatively to avoid swelling.

If you have any questions or concerns, please feel free to call our office at (425) 455-9100. If you have an after-hours emergency, you may reach Dr. Stern directly by calling his cell phone at 425-628-7720

These instructions have been explained to me. I understand it is my responsibility to follow them, and have been given a copy for reference.

\_\_\_\_\_  
Patient's Name

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Date

Revised 4/2017