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## **WHAT TO EXPECT ON THE DAY OF TUMESCENT LIPOSUCTION**

Upon arriving at our office on the day of your procedure, you will be greeted by the nurses and Dr. Irgau. You will be escorted to an exam room and asked to change into a surgical gown. You should have no make up, or body lotion on, and remove all jewelry prior to coming to the office. After one last trip to the bathroom, pre-operative photographs will be taken and the areas on your body that are to be treated with liposuction are marked with a felt tipped pen. Before starting, you will have time to speak with Dr. Irgau and the nurse regarding any questions of concern to you.

The tumescent procedure is then initiated by injecting large volumes of a dilute anesthetic solution directly into the areas of the fatty deposits which shrinks blood vessels and minimizes blood loss. Because you will be awake, you will be able to sit or stand during the procedure, allowing Dr. Irgau to check your status and the progress in achieving the desired contouring. Dr. Irgau may complete the procedure with you standing up, or inform you of additional suctioning needed on the procedure table.

After completing the liposuction, while you are still slightly sedated and numbed, absorbent pads are placed over the small incision sites and the post-op liposuction garments are pulled on. You are wrapped up with absorbent garments because a lot of drainage is expected in the first two days. It is typical to have a large amount of leakage and drainage from the small incisions. The leakage will gradually subside over the next 24 to 36 hours. Although the tumescent technique minimizes swelling and bruising, it can still be rather messy. It is a good to be prepared with several changes of towels and sheets on your bed as well as on the car ride home. Bring comfortable clothes!

The tumescent technique minimizes postoperative discomfort. Because the residual local anesthesia (lidocaine) can last from 8 to 36 hours, plain Tylenol or Tylenol with Codeine, is often sufficient to treat post operative discomfort. With the tumescent technique there is no post surgical nausea, nor the unpleasant feeling of a "hangover" usually associated with general anesthesia. Most patients are alert and able to eat a regular diet. You are encouraged to walk around and to shower on the evening after surgery. Most patients may return to work in 1-3 days and physical exercise may be resumed within one week.

## **IMPORTANT INFORMATION ABOUT TUMESCENT LIPOSUCTION**

### **RISK OF LIPOSUCTION SURGERY:**

Any surgery involves the risk of infection, bleeding, or serious injury. However, tumescent liposuction has an amazingly good safety record. One of the reasons that tumescent liposuction is so safe is that general anesthesia is not required. A recent study involving over 20,000 patients, who had tumescent liposuction, reveals no serious complications, no serious infection, no hospitalizations, no blood transfusions, and no deaths. The greatest risks of liposuction are those associated with general anesthesia. By eliminating general anesthesia, the risks of liposuction are dramatically reduced.

Patients can minimize the risk of surgical complications by not taking certain medications or over-the-counter preparations listed below that might adversely affect the surgery. Patients should inform the Doctor of any medications being taken either regularly or occasionally, including herbal remedies.

### **RISK OF IRREGULARITIES OF THE SKIN:**

Tumescent liposuction using small diameter cannulas are the least likely to cause any significant or noticeable post-surgical irregularities of the skin. By enlarging the fatty compartment, the tumescent technique permits more accurate removal of fat, with greater assurance that the liposuction cannula will not inadvertently approach too near the undersurface of the skin, which would cause irregularities. Thus the tumescent technique helps to minimize the risk of post-surgical irregularities or rippling of the skin. Ultimately, after liposuction, the skin texture should be within normal limits. However, though unlikely, it is possible that a noticeable irregularity of the skin may result, and possibly require a small-touch-up liposuction.

### **Cellulite**

Liposuction of the thighs, while improving the silhouette, does not necessarily eliminate the subtle “puckering” of the skin, often called “cellulite”. Cellulite results from the pull of fibrous tissue that connects skin to underlying muscle. While tumescent liposuction may reduce the degree of cellulite, it is unlikely to eliminate it. Liposuction does not worsen cellulite.

### **LIPOSUCTION AND OBESITY:**

Liposuction is not an appropriate treatment for obesity. Liposuction is not a substitute for a prudent diet, good nutrition, and regular exercise. Obese patients may be good candidates for limited liposuction if goal is simply to improve the shape of certain limited areas of the body.

### **POSTOPERATIVE HEALING:**

Normal healing after tumescent liposuction involves a limited but definite degree of soreness, swelling, bruising and lumpy firmness. A temporary mild numbness of the skin may persist for up to four months. Most patients can actually see improvement of their silhouette within several days after surgery. However, because of the slow resolution of post surgical swelling, the ultimate results following the liposuction usually require 12 to 20 weeks to be achieved.

### **REALISTIC EXPECTATIONS:**

Although the results of liposuction are often quite spectacular, it is not realistic to expect perfection. It is impossible to guarantee the precise amount of improvement that will result from liposuction. Patients should have realistic expectations. Although patients can usually expect to achieve a significant and noticeable improvement, it is unreasonable to expect perfection. For the perfectionist, or for liposuction of a very large area, maximum improvement may require a second procedure for which there would be an additional fee.

### **LONGEVITY OF RESULTS:**

**THE FAT CELLS THAT ARE REMOVED BY LIPOSUCTION DO NOT GROW BACK.** If the patient later gains or loses weight, the change tends to be distributed proportionally over the entire body. Although one can expect some changes with aging, provided that the patient does not gain large amounts of weight, the patient's new, more pleasing silhouette is relatively permanent.

**TUMESCENT LIPOSUCTION:  
 INFORMATION ABOUT PRESCRIPTIONS & MEDICATIONS  
 MEDICATION PRECAUTIONS FOR SURGERY PATIENTS**

**1. DO NOT TAKE ASPIRIN** (Anacin or Bufferin) or **IBUPROFEN** (Advil, Motrin, or

Nuprin), or **NAPROXEN** (Aleve), or any medications that contain these drugs or any similar Anti-inflammatory medications, for 2 weeks before and 3 days after surgery. These drugs will promote bleeding and bruising.. Check the labels of all your medications, even those which you purchase without a doctor’s prescription, to be sure you are not taking any aspirin or Aspirin-like substances. Consult your physician before you stop taking any prescribed medications to treat arthritis, or any blood thinning anti-coagulant medications.

Advil	Brufen	Easprin	Motrin	Trental
Alcohol	Cephalagesic	Ecotrin	Naflon	Trigesic
Alka Seltzer	Cheracol	Eppirin	Naprosyn	Trilisate
Anacin	Child’s Aspirin	Emprazil	Norgesic	Vanquish
Anaprox	Clinoril	Excedrin	Nuprin	Voltaren
Anaproxin	Congesprim	Feldene	Percodan	Warfarin
APC	Cope	Fiorinal	Phenaphen	Zactrin
5 A.S.A	Coricidin	Ibuprofen	Quagesic	Zorprin
Ascodeen	Coumadin	Indocin	Robasissal	4 Way Cold Tabs
Ascriptin	Darvon	Indomethacin	Rufin	
Aspirind	Darvon ASA	Meclomen	Sine Off	
Bufferin	Dolobid	Medipren	Sine Aid	
	Dristan	Midol	Trandate	

**2. DO NOT TAKE DECONGESTANT MEDICATION CONTAINING PSEUDO-EPHEDRINE.** (Sudafed, Actifed)

**3.. DO NOT TAKE THYROID HORMONE, OR SYNTHROID** on the day of surgery.

These can cause the heart to beat too rapidly.

**4. Appetite suppressant drugs Fenfluramine and Phentermine** should not be taken for at least one week surgery. Fenfluramine and Phentermine should not be stopped abruptly. To avoid side effects such as depression, it is better to begin decreasing the dose gradually two weeks before surgery. The following medications also fall into the class of appetite suppression drugs and should be stopped: Mazindol (Mazanor, Sanarex),. Dexfenfluramine (Redux), and Dextroamphetamine (Dexedrine) and all over the counter diet aids.

**5. A NORMAL HEALTHY DIET FOR AT LEAST TWO WEEKS BEFORE SURGERY IS IMPORTANT** for safe surgery and good healing. Aggressive weight-loss diets should

be discontinued at least two weeks before surgery.

## **LIPOSUCTION: INSTRUCTION BEFORE SURGERY**

Our office wants to provide you with the very best surgical care. You can help to minimize the risk of complications by carefully reading and following your preoperative and postoperative instructions. Please ask us to clarify any item about which you have questions.

- 1. DO NOT DRIVE HOME:** Arrange to have someone drive you home from the surgical office after the surgery.
- 2. CHANGING YOUR DRESSING** the morning after surgery is easier if you have someone to help you,
- 3. LOOSE CLOTHING ON THE DAY OF SURGERY:** There is usually quite a lot of drainage of slightly blood tinged anesthetic solution after surgery. Since this drainage might stain clothing, we suggest that you choose your clothing with this in mind. Because we will apply elastic support garments on top of some bulky absorbent gauze padding, your clothing should be loose and comfortable.

**WOMEN:** Wear a comfortable bra that you would not mind getting stained from the blue ink that is used to mark the surgical areas. Do not wear an exercise sports bra if you are having liposuction of the abdomen or torso.

**MEN:** Speedo-type swim trunks are the easiest type of garment to wear into the operating room for surgery. Jockey-type underpants are acceptable. Boxer-type underpants are less convenient, and may prevent optimal results.

**DO NOT WEAR** unnecessary jewelry or perfume (deodorant is OK) and minimize use of cosmetics.

- 4. DO NOT USE MOISTURIZERS** or soap that contains moisturizers the day of surgery. The ink markers used to outline the areas on your body to be treated by liposuction, will rub off too easily if you have recently used moisturizer.
- 5 TOWELS AND PLASTIC SHEETS:** Plan ahead and avoid staining the car seat with blood-tinged anesthetic solution. Bring a towel, and a plastic sheet (such as a trash can liner) to cover the car seat during your ride home. **PRIOR TO SURGERY**, pad your bed at home, and your living room chair with towels and plastic. Be careful to avoid allowing drainage to stain carpets.
- 6. YOUR STOMACH MUST BE EMPTY AT THE TIME OF SURGERY.**  
If your surgery is scheduled to begin before 9:30AM, do not eat solid food after midnight prior to surgery. You may have a light liquid breakfast. If your surgery is scheduled later in the morning or afternoon, then you may eat a light breakfast and liquid snacks afterwards.
- 7. DO NOT FAST OR UNDERGO DRAMATIC WEIGHT LOSS.** Just prior to surgery, all patients should be on a stable balanced diet. Liquid diets, extreme low calories diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications, and poor wound healing.

## **LIPOSUCTION: INSTRUCTIONS AFTER SURGERY**

1. **GOING HOME:** You should not plan to drive yourself home. It is recommended that you have a responsible adult with you on the day of surgery.
2. **DIET:** Resume your usual diet immediately. Drink adequate amounts of water, fruit juice, or soft drinks to prevent dehydration. Avoid alcoholic beverages for 48 hours before and after surgery.
3. **ACTIVITIES:** Quiet rest is recommended after surgery. After surgery do not drive or operate hazardous machinery. Do not make any important decisions for 24 hours after surgery.

Later during the first day or evening after surgery you are welcome to take a short walk if desired. The day after liposuction surgery, you may feel well enough to drive your car and engage in **LIGHT TO MODERATE** physical activities.

You may carefully resume exercise and vigorous physical activity 2 to 4 days after surgery. It is suggested that you begin with 25% of your normal work-out and then increase your activity daily as tolerated. Most people can return to a desk job within two days after surgery, although one must expect to be sore and easily fatigued for several days.

4. **POST-OP GARMENT:** After tumescent liposuction, compression garments are to be worn to hold the absorbent pads in place and to provide mild compression that encourages the drainage of the blood-tinged anesthetic solution. The morning after surgery, when the garment is first removed in order to take a shower, you may experience a brief sensation of dizziness. Feeling lightheaded is similar to what you might experience when standing up too quickly. It is the result of rapid decompression of the legs as the compression garments are initially removed. Should dizziness occur, simply sit or lie down until it passes.
5. **MANAGING POST-OP DRAINAGE:** One should expect a large volume of blood tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours following tumescent liposuction. In general, the more drainage there is, the less bruising and swelling there will be. During the first 48 hours, you should sit or lie on a towel. When there is a large amount of drainage, it is advisable to place a plastic sheet beneath the towel. After the first few days the patient need only place absorbent gauze dressings over the incision sites that continue to drain.
6. **WOUND CARE AND BATHING:** Keep incisions clean. Shower once or twice daily. First wash your hands, and then wash incisions gently with soap and water. Afterwards, gently pat incisions dry with a clean towel. Next, apply Bacitracin Antibiotic Ointment to incisions and place new absorbent dressings, if still draining. Incisions that have stopped drainage no longer need padding. Call our office if you notice signs of infection such as fever, foul smelling drainage, or focal redness, swelling, and pain in a treated area.

**DO NOT APPLY ICE PACKS OR A HEATING PAD** to the skin overlying the areas treated by liposuction.

**DO NOT APPLY HYDROGEN PEROXIDE OR PLASTIC BAND-AIDS** to incision sites.

**DO NOT SOAK** in a bath, Jacuzzi, swimming pool, or ocean for 7 days after surgery.

## **7. COMMON SIDE EFFECTS**

**MENSTRUAL IRREGULARITIES** with premature or delayed onset of monthly menstruation is a common side effect of any significant surgery.

**FLUSHING** of the face,, neck, and upper chest may occur after liposuction surgery and usually lasts for a day or two.

**SLIGHT TEMPERATURE ELEVATION** during the first **48 hours** after surgery is a natural consequence of the body's reaction to surgical trauma.

**DISCOMFORT AND SORENESS**, can be worse by the second day after surgery, then improving daily. Take extra strength Tylenol every 4 hours while awake, for the first 48 hours. This will reduce the inflammation, swelling, and soreness associated with surgery. Do not take aspirin, ibuprofen or medications containing these drugs for 3 days after surgery as they can promote bleeding.

**BRUISING** is minimal with tumescent liposuction. Nevertheless, the more extensive the liposuction surgery, the more one can expect.

**PAIN AND SWELLING** due to inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery. This can be treated with antibiotics and anti-inflammatory drugs.

**PLEASE DO NOT HESITATE TO CALL DR. IRGAU OR STAFF AFTER SURGERY IF YOU HAVE ANY QUESTIONS OR CONCERNS. WE WANT TO FACILITATE YOUR HEALING PROCESS. WE ARE HERE TO HELP YOU.**

I have read over all of the above and discussed the pre-operative and post-operative instructions in detail at my pre-operative consultations. I have had the opportunity to ask questions and I agree to follow the pre and post operative instructions as closely as possible.

Name of patient \_\_\_\_\_

Signature of patient \_\_\_\_\_

Signature of nurse, physician, or assistant  
conducting the pre-operative consultation. \_\_\_\_\_

