



BENJAMIN GELFANT

COSMETIC PLASTIC SURGERY

Liposuction Instructions

Failure to follow these instructions may lead to cancellation of surgery and further fees will apply

BEFORE YOUR SURGERY

Before taking any medication PLEASE READ THIS!

- No Aspirin (ASA) or anti-inflammatory medicine (NSAIDS). **NOTHING** containing aspirin like products* for two weeks before surgery since it interferes with normal blood clotting.

Check the list at the end of these instructions for products containing Aspirin and Ibuprofen **and if in doubt, call a pharmacist**. If needed, Tylenol or Extra-Strength Tylenol (Acetaminophen) may be used as it is not an NSAID.

- One month before surgery (or as close to one month as possible) STOP taking birth control pills, hormone replacement and other hormones to reduce the risk of blood clot formation. Please use alternate methods of birth control.
- Do not take Arnica Montana or Traumeel. There is no proven evidence it helps with post op bruising and it may in fact cause post-op bleeding.
- Nutritional Supplements to AVOID include: Bilberry, Cayenne, Echinacea, Feverfew, Fish oil, Garlic, Ginger, Ginkgo Biloba, Ginseng, Kava Kava, Valerian, Licorice Root, Ma Huang, St. John's Wort, Vitamin E, Yohimbe. or other herbs for 2 weeks prior to surgery (longer if possible) as they also can cause thinning of the blood.
- Take about 500 mg of Vitamin C per day for two weeks prior to surgery and 2 weeks after surgery. This is the specified dosage to help with wound repair so exceeding this amount will be wasted.
- Smokers **MUST** quit smoking before surgery - smoking dramatically increases the risk of major complications of surgery and anesthesia such as severe respiratory complications, **skin death and increase risk of infection**. If you need assistance, such as nicotine patch treatment, please ask your family physician.
- No alcohol for 48 hours prior to surgery.
- Report any signs of a cold, infection, boils or pustules appearing within 1 week before surgery.
- Arrange for a responsible adult to drive you to your home, hotel or motel after surgery. If transport is needed a caregiver can be organized to assist you at an additional cost.
- **Have your prescriptions filled immediately after your pre-operative visit.** It is also advised to buy a stool softener, such as Senekot, as codeine pain medications cause constipation.
- Graval Suppositories may be helpful for nausea and vomiting post- operatively. Graval products can be purchased without a prescription.
- **Remove all jewelry**, body piercings including both internal and external. Jewelry may cause injury while moving from one bed to another and burns may occur from cautery equipment used during surgery.

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It's about confidence.



NOTHING TO EAT OR DRINK FROM MIDNIGHT THE NIGHT BEFORE SURGERY.

No gum, candy, or water please.

SURGERY and PICK-UP TIMES are subject to **CHANGE**. We will attempt to give you notice **IF POSSIBLE**.

DAY OF SURGERY

- No make-up. Do not use cream on face or body. Remove contact lenses. No nail polish on fingers nails and that includes gel and shellac.
- Do not take medication of any kind (unless instructed by Dr. Gelfant). If you have high blood pressure medication you may take it in the morning but only with a small sip of water.
- Wear comfortable, loose fitting clothes which do not have to be put on over your head. A top with a zipper up the front is best. No pantyhose, please.
- You must have a responsible adult to drive for you after surgery. They must pick you up from inside the office or surgical suite at Cambie Surgery Centre which is located at 2836 Ash street.
- You must have a responsible adult spend the first night with you. Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly.

If you have any questions before your operation, please call our office Monday through Thursday between 9am and 5pm and Fridays between 9am and 2pm.

AFTER YOUR SURGERY

- You must rest in bed for the first 24hrs. After the first day try to go on frequent short walks. You may need assistance to the bathroom.
- Begin taking an iron supplement with a multivitamin.
- Take medications according to instructions on bottle. If taking strong narcotics, or if other pain medications make you feel "spacey" or drowsy, have someone else give you your medicines according to the proper time intervals. Under such circumstances you could forget and take them too often.
- No alcohol while taking medication post-operatively.
- Strenuous exercise (e.g. golf, tennis, swimming) may be resumed gradually.
- Avoid smoking after your operation to prevent coughing and possible bleeding, as well as skin loss. Smoking can kill the nipple circulation.



- All bandages & dressings may be removed after 24 hours except the tapes directly on the skin. Small amounts of blood oozing through the tapes is normal. Use gauze pads inside a bra without tape to pad, if you wish.
- You may return to work in one week, avoiding strenuous activity or heavy lifting. It may cause you to bleed.
- You are required to wear a compression garment for the first four post-operative days without removing it for any purpose. During this time, you should sponge bath (have someone assist you the first day in case of a fainting spell).
- The garment may be removed for bathing and washing of the garment after the first four days. If the garment feels too tight or is uncomfortable you may take it off only to adjust it prior to the four days. Otherwise, wear continuously during daily activities for the next four weeks. If rest on foam has been used under the garment, Dr. Gelfant will remove it or instruct you as to its removal.
- Avoid prolonged exposure to sun and heat for one month to avoid swelling.

If you are planning to use cannabinoids (marijuana etc.) because you feel they may be helpful in pain control **please discuss with Dr. Gelfant**

Infection is a very rare complication of any surgery:

- Occasionally there is an initial skin breakdown along the incision, there may be some fluid on dressing or tape. Do not be alarmed. Please notify us and we will discuss management.
- If you develop a fever with a temperature of over 38 degrees C or spreading redness and rapidly increasing pain should prompt immediate medical attention.

Call 874-2078 (24/7) After hours we have an answering service they will reach either Dr. Gelfant or his alternate on call)) if you have:

- Severe pain not responding to pain medicine.
- Sudden onset of much more swelling and/or pain on one side than the other.
- Sudden bleeding
- If any other question or problem arises.

You can expect:

- Moderate discomfort - use pain medication and/or cool compresses
- Moderate swelling
- Occasionally, a large amount of black and blue discoloration
- Extensive blood stained fluid drainage from incisions
- Some numbness, tingling and minor nerve irritation pains in the areas treated for up to 4-6 months after surgery

Feel free to call upon us at any time. If you need assistance after office hours please call the office (604-874-2078) and leave a message with the answering service and they will contact Dr. Gelfant directly.

We want you to be as comfortable as possible during your healing period.



OFFICE VISITS

- First Visit: The first day the office is open following surgery, or the day after.
- Second Visit: 1 week to 10 days following surgery.
- Subsequent Visits: Will be determined by Dr. Gelfant

ASA or anti-inflammatory containing drugs (NSAIDs) If in doubt, ASK!!

(*i.e., Anacin, ASA, Bufferin, Calmine, Coricidin, Coryphen, Dolomine, Dristan Capsules, Entrophen, Herbopyrine, Instantine, Kalmex, Madelon, MED Tigol, Midol, Nervine, Nezar Norgestic, Novasen, Novo AC&C, Pain AID, Robaxisal, 217, 222, 282, 292's, Upsarin. Also AC with codeine, Asantine, Coryphen, Darvon products, Endodan, Fiorinal, Novopropoxyn, Oxycodan, Painex, Percodan, Phenaphen, Robaxisal, 692, Tecnal, 282's, 292's, Artrol, Trilisate, Diclofenac, (Apo-Diclo, ApoDiclo SR, Arthrotec, Diclofenac, Ect, Novo-Difenac, Novo-Difenac SR, Nu-Diclo, Taro Diclofenac, Voltaren, Voltaren SR), Diclofenac potassium, (Voltaren Rapide), Diflunisal (Apo-Diflunisal, Dolobid, Novo-Diflunasil, Nu-Diflunisal), Etodolac (Ultradol), Fenoprofen Calcium, (Nalfon), Floctafenine (Idarac), Flurbiprofen (Anacad, Apoflurbiprophen FC, Froben, Froben SR, Novo-Flurprofen, Nu-flurbiprofen), Ibuprofen (Actiprofen, Advil, Advil Cold and Sinus, Amersol, Apo-Ibuprofen, Exedrin, IB, Medipren, Motrin, Motrin IB, Novo-Profen, Nuprin, Nu-Ibuprofen, Sinus PR & Pain reliever with Ibuprofen), Indomethacin, Apo-Indomethacin, Indocid, Indocid SR, Indolec, Nov-Methacin, Nu-Indo, Pro-Indo, Rhodacine (Ketroprofen), Apo-Keto, Apo-Keto-E, Novo-Keto, Novo-Keto-Ec, Nu-Ketroprofen, Nu-Ketroprofen-E, Orudis, Orudis-E, Orudis-SR, Oruvail, (PMS-Ketoprofen, PMS-Ketoprofen-E, Rhodis, Rhodis-EC), Ketorolac tromethamine (Acular, Toradol), Magnesium Salicylate (Back-Ese-M, Doan's Backache pills, Herbogestic), Mefenamic Acid (Ponstan) Nabumetone (Relafen), Naproxen (Apo-Naproxen, Naprosyn, Naprosyn-E, Naxen, Novo-Naprox, Nu-Naprox, PMS-Naproxen), Naproxen Sodium, anaprox, anaprox DS, Apo-Napro-Na, Naproxin-NA, Novo-Naprox Sodium, Synflex, Synflex DS. Oxyphenbutazone, Oxybutazone, Phenylbutazone, Alka Phenyl, Alka Phenylbutazone, Apo-Phenylbutazone, Butazolidin, Novo-Butazone, Phenylone Plus, Piroxicam, Feldene, Kenral-Piroxicam, Nova-Pirocam, Nu-Pirox, PMS-Piroxicam, Pro-Piroxicam, Rho-Piroxicam, Salsalate, Disalcid, Sodium Salicylate, Dodd's, Dodd's Extra Strength, Sulindac, Apo-Sulin, Clinoril, Nova-Sundac, Nu-Sulindac, Sulindac, Tenoxicam, Mobilflex, Tiaprofenicacid, Albert Tiafen, Apo-Tiaprofenic, Surgam, Surgam SR, Tolmetin sodium, Novo-Tolmetin, Tolectin