

**VASER LIPOSUCTION PRE-OPERATIVE INSTRUCTIONS**

1. Do not smoke for 2 weeks prior to and 2 weeks after surgery. Smoking decreases your circulation and may delay healing time.
2. Do not take aspirin or products containing aspirin for 2 weeks prior and following your surgery. Aspirin has an effect on your blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the post-operative period.
3. Do not drink alcohol for 5 days prior to surgery. Alcohol may create complications, it dilates your blood vessels, which could increase post-operative bleeding and increased bruising.
4. **IF YOU DEVELOP A COLD, FACIAL SORE, FEVER OR ANY OTHER ILLNESS PRIOR TO SURGERY, PLEASE CALL OUR OFFICE 610.527.4050 IMMEDIATELY.**
5. Wear comfortable, dark, loose fitting clothing on surgery day – including a shirt that buttons all the way up the front. Do not wear anything that needs to be put over your head. Please wear socks, you may also bring slippers. We suggest you safeguard your car seat and bedding with a protective cover or old towels.
6. On the day prior and morning of surgery, please shower using only antibacterial soap. Males receiving abdominal treatment may prefer to shave the treatment area; females receiving abdominal or thigh treatments may prefer to shave pubic areas below the hair line.
7. **PLEASE DO NOT WEAR MAKEUP, LOTION AND FRAGRANCES.** You may use deodorant. **PLEASE LEAVE ALL JEWELRY AND VALUABLES AT HOME.**
8. You will need transportation to and from our office. Please make arrangements ahead of time. Also, you will need to get your prescriptions filled and take the appropriate medications prior to your surgery.
9. \_\_\_\_\_ NPO (Nothing by mouth) after midnight prior to surgery  
\_\_\_\_\_ Liquids only after midnight prior to surgery  
\_\_\_\_\_ Light breakfast the morning of surgery