

PRE AND POST OPERATIVE INSTRUCTIONS
SMARTLIPO / TUMESCENT LIPOSUCTION / ASPIRATION LIPECTOMY

PREPARING FOR SURGERY

STARTING NOW

- **READ:** Please read and familiarize yourself with these instructions. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with Dr. Griggs and his team.
- **STOP SMOKING:** Please avoid all forms of nicotine two weeks before and after surgery. Nicotine is a vasoconstrictor that reduces circulation to the skin and inhibits the healing process. In general, be aware that smoking, use of nicotine or any unauthorized medications can lead to complications and jeopardize the results of your surgery.
- **MEDICATIONS:** Review any medications you are taking with your doctor to determine which, if any, you need to stop taking. This may include skin care lotions, pain medications, antibiotics, anti-inflammatories, blood pressure medication and/or blood thinners (aspirin, Coumadin®, Plavix®, etc.) Review the list of medications (including over-the-counter) to avoid prior to surgery.

TWO WEEKS BEFORE SURGERY

- **PLAN MEALS:** Do grocery shopping and prepare meals to be frozen and eaten during recovery. Buy clear liquids and light foods such as ginger ale, ice pops, soup, and crackers to have on hand when you get home from your procedure.
- **CLEAN HOUSE:** Do laundry and general housekeeping. Check your house for items that are conducive to accidents – loose throw rugs/carpets, bath mats, electrical cords and other items you could trip over. Put nightlights in the bathroom, hallways, and bedrooms, as needed.
- **DEPENDENTS:** Make arrangements for childcare and pet care – You can't do everything. Have someone around to help take care of your loved ones while you recover at home.
- **AREA:** Prepare your "Surgery Recovery Area" – Put a plastic mattress liner (for protection) and clean linens on your bed. Have extra pillows on hand, if needed. Make items such as a remote control for the TV, laptop computer and cell/portable phone accessible.
- **TRANSPORTATION:** Arrange transportation – Your doctor will **not** allow you to leave alone following surgery. Make arrangements to have a driver available for you.
- **HELP:** Have someone stay with you for 24 hours – Have a friend or family member stay with you overnight to assist and/or in case of emergency.
- **PRE-OP TESTING:** Complete your pre-admissions testing/screening – You may need to have blood drawn and/or other pre-op tests 1-2 weeks before your surgery. Schedule accordingly and review the below items with your doctor(s). If blood tests or physician clearances are required prior to treatment, plan to have them completed and to Dr. Griggs at least two weeks prior to the procedure.

ONE WEEK BEFORE SURGERY

- **ALCOHOL:** Avoid alcohol starting one week prior to the procedure.
- **AVOID ASPIRIN, ALEVE, and IBUPROFEN:** Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- **DISCONTINUE:** All multivitamins, St. John's Wort, and Vitamin E.
- **HYDRATE:** Drink at least 1-2 quarts of water daily for one week prior to the procedure.

THE DAY BEFORE SURGERY

- **You will receive confirmation of appointment via text and email. Please confirm the appointment. If we are unable to reach you, please call us to confirm at (803) 462-4800.**
- **PRESCRIPTIONS:** Make sure that you have filled the prescriptions you were given and set the medications out to bring with you to your procedure.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas with antibacterial soap (such as Dial or Hibiclens). Make sure that you clean your naval (belly button) thoroughly.
- **MEDICATIONS:** If you take medication, confirm what you should take with Dr. Griggs.
- **FINAL PREPARATION:** Be sure that your home and car will be prepared for you. Following surgery, drainage of tumescent anesthesia may ruin car upholstery, carpeting, linens, and bedding. We recommend covering car seats, your bed, and any other furniture that you might rest on with a waterproof pad or cover. You may place a plastic drop cloth (such as one a painter would use) or shower curtain liner beneath your sheets. In addition to the plastic, use old sheets covered with large bath towels. A plastic garbage bag works well for covering car seats.
- **SLEEP:** On the evening prior to the surgery, be sure to get a good night's sleep. If needed, take the sedative (Lorazepam, Diazepam / Ativan, Valium) prescribed by Dr. Griggs.

THE MORNING OF SURGERY

- **CLEANSING:** Shower or bathe again with an antibacterial scrub or soap. Wash the planned surgery areas thoroughly.
- **AVOID:** Do not apply any moisturizers, deodorant, talcum powder or other products afterwards. Do not use hairspray, perfume, creams, lotions, or makeup.
- **HAIR:** If you have long hair, consider braiding it or putting it in a ponytail
- **CLOTHING:** Wear simple, comfortable, loose-fitting, dark colored clothing. Wear tops with front closures, such as zippers or buttons, bottoms that are easy to pull on, and comfortable shoes. No pantyhose or high heels. Do not wear new clothes. Sweatpants or warm-up suits are ideal. Women are usually most comfortable in a cotton sports-type bra. *We HIGHLY recommend wearing an old sports bra that can get dirty.* A button shirt may be easier for you to remove once you get home. Men should bring an extra pair of boxers or briefs. Be aware that anything you wear to surgery may end up ruined by tumescent anesthesia drainage.
- **FOOD:** You may eat a *very* light breakfast (or lunch for an afternoon appointment).
- **BRING:** Do not bring a lot of money or valuables to the office, but do consider packing a small bag with the following items: Eye glasses (if you wear them), lip moisturizer, a bottle of water for the ride home, an Ipod® or phone with relaxing music of your choice, a pillow and blanket for the ride home, a book or magazine (you may have some waiting time).
- **HOME MEDICATION:** If you take a daily medication, please confirm with Dr. Griggs or his nurse that you may take it the morning of surgery.
- **CHECK IN:** You should plan to arrive 15-30 minutes earlier than your scheduled surgery time. Patients under 18 years old must be accompanied by a parent or legal guardian.
- **SICK:** Call the front desk at: 803-462-4800 if you have a fever of 101 or higher or cough.
- **PREGNANT:** Tell the nurse if you think you could be pregnant.

AFTER YOUR SURGERY

IMMEDIATELY AFTER SURGERY

- **REST:** When you arrive home, be prepared to rest in bed for the first 24 hours after surgery. You may sleep in any position you feel comfortable in. It is advised to have someone stay with you during this time. Remember to protect your bed with the plastic, old sheets and bath towels, and wear dark-colored old clothes or sweatpants. Eat and drink lightly. You may go to the bathroom with assistance as needed. If you feel nauseated, lie on your back with your head down and remain still. Any sensation of nausea should pass by the morning after your surgery. If you feel fine, light activity will not harm you. Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- **HYDRATE:** Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
- **POSITION:** Sitting in an upright position will facilitate drainage. If you lay flat on your back at home immediately after liposuction, you will start draining profusely as soon as you stand up. After 6-8 hours postoperatively you may lie flat, and sleep in any comfortable position.
- **PAIN:** There should be minimal discomfort. Discomfort may be relieved by ice packs and Acetaminophen (Extra Strength Tylenol). Ibuprofen (Advil or Motrin) may also be used, but may increase bruising and drainage. Rarely are pain medications necessary. Do not take aspirin or any products containing aspirin unless approved by Dr. Griggs.
- **MEDICATIONS:** Take any medication prescribed by Dr. Griggs according to the pharmacy instructions. Don't take medication on an empty stomach, as this may cause nausea and vomiting. Have another adult give you the medication at the correct time and/or keep written records of how much you take and when you take it. You **must** take all of your antibiotics. The period of greatest discomfort usually does not last more than 12 to 14 hours. Do not drive while taking medication that may sedate you. You may resume any routine medications the day after surgery. Avoid alcohol while taking any medications.
- **HOME MEDICATIONS:** You may resume your regular home medications after surgery. You may resume taking your blood thinning medications 2 days after your procedure. (Please refer to the list provided to you.) You may resume anti-inflammatory medication after your procedure, although be aware that these can increase bruising or bleeding.
- **DRAINAGE:** Immediately following surgery, absorbent dressings will be placed on incision wounds to collect drainage and you will be fitted with a tight compression garment which will facilitate retraction of the skin over suctioned areas. Please wear the garment overnight. If the absorbent pads become saturated with drainage, they may be replaced with dry absorbent pads **if** this can be done without removing the garment.
- **ACTIVITY:** We recommend avoiding strenuous activity for the first several days following surgery. Be sure to get out of bed for meals, bathroom, etc. to keep the circulation in your legs flowing. Most patients are usually able to return to normal activity and work within 3-4 days following liposuction. Some patients who experience above average soreness may require a longer downtime period. High impact aerobic activities or exercise that will raise the heart rate should not be performed for two (2) weeks minimally, and 3-4 weeks ideally.
- **SMOKING:** Do not smoke for at least 48 hours after your surgery to prevent coughing and bleeding. It is recommended to refrain completely, as smoking delays healing and increases the risk of complications.
- **ALCOHOL:** Do not drink alcohol for 5 days after surgery, or while you are taking the pain medication. Alcohol dilates the blood vessels and could cause bleeding, and mixing pain medication and alcohol is dangerous.
- **DRIVING:** You may drive a car with power steering after 3-4 days if you are no longer taking pain medication.

- **CONSTITUTION:** Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- **WHEN TO CALL:** Please do not hesitate to call the office at (803) 462-4800 with any questions or concerns. Specifically, please call if you experience:
 - a. sudden onset of increased swelling or bruising.
 - b. sudden onset of a reddened swollen area which feels firm.
 - c. swelling and redness persist after a few days.
 - d. increased redness along the incision.
 - e. severe or increased pain not relieved by medication.
 - f. any side effects to medications; such as, rash, nausea, headache, vomiting.
 - g. an oral temperature over 101.8 degrees.
 - h. shakes and/or chills.
 - i. any yellowish or greenish drainage from the incisions or notice a foul odor.
 - j. bleeding from the incisions that are difficult to control with light pressure.
 - k. loss of feeling or motion.
 - l. dressings that feel too tight.
 - m. **DON'T TAKE CHANCES!** Call if you are concerned about anything you consider significant.

WHAT TO EXPECT

- **DRAINAGE:** Expect considerable amounts of drainage of a pink to light reddish fluid from the incision sites during the first 24-48 hours. Drainage typically lasts from 1-3 days, but can persist longer. **THIS IS A NORMAL OCCURRENCE, DO NOT BE ALARMED.**
- **BRUISING:** Extensive bruises (black & blue discoloration) and swelling in and around the surgical areas are common after liposuction. The areas of your body where you have had surgery may be covered with unsightly bruises. Bruising may feel lumpy and hard to the touch. Bruising usually lasts 3 to 6 weeks. If you had liposuction of the abdomen, you may have bruising, swelling and discoloration of the genitalia, as blood and other fluid may descend into the soft tissues of the genitalia. This is normal, and is not cause for alarm. Bruising may be apparent beyond the areas of liposuction, partially due to gravity.
- **SWELLING:** Swelling reaches a plateau at 48 to 72 hours after surgery and persists at peak levels for several days. The amount of swelling varies with each individual. During the first week after surgery, you will notice that your clothes are tight and you have gained weight due to fluid retention. This is normal. About 50% of the expected contour reduction occurs within 30-45 days, with the final slowly progressing over the next 2-6 months.
- **PAIN:** Pain is usually minimal after liposuction as the tumescent fluid continues to help with discomfort over the first several days post-op. Expect temporary numbness or occasional burning sensations after your surgery. You may also feel sore or stiff after the procedure. Patients who have liposuction of the abdomen may experience more postoperative discomfort than in other areas, probably from irritation of the underlying tissues, which is aggravated every time you breathe deeply, sit up, or bend and straighten.
- **EMOTIONAL:** It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but, generally, after about a week, you should begin to feel better.
- **LUMPS:** The surgery areas may feel irregular and lumpy. This will resolve as you heal. When permitted, massage may speed the softening of any lumpy areas. (You must wait until 10 days after surgery for a massage.)

WEARING YOUR GARMENTS AND CLEANSING

- **COMPRESSIVE GARMENTS:** After your surgery, Dr. Griggs will apply dressings to the areas where the surgery was performed and place you in a specially ordered restrictive garment, called a compressive garment. The compressive garment, which resembles a tight girdle, helps reduce swelling, compressing the skin as it re-adjusts after the surgery. It is very important during this period for the skin tissue to be supported and sculpted for the proper re-shaping to occur. These garments are designed with the appropriate amount of compression to reduce swelling and flush out potentially harmful fluids.
- **WEARING YOUR GARMENT:** You should wear the compressive garment from 24 hours per day (except when showering as instructed below) during the first two (2) post-operative weeks, then may be worn (or replaced with a body slimmer or body shaper) for 12-18 hours per day for the following four (4) weeks. Extra Garments or Body Shapers may be purchased directly from Studio G Aesthetics. In certain cases, the doctor may ask you to wear your garment for additional time.
- **UNDERWEAR:** It is recommended not to wear underwear when wearing a torso garment, as this can cause dimpling or irregularities in the skin from the compression. If your compression garment has zippers, when instructed by Dr. Griggs, you may wear support-style pantyhose beneath the garment to minimize contour depressions from the zippers.
- **SHOWERING:** Between 24-48 hours after the surgery, you may remove the garment and absorbent dressings and take a shower. It is best to do this in the presence of another adult in case you get dizzy. To avoid lightheadedness, sit down for 5 or 10 minutes after removing the garment and the dressing. You may want to get in the shower and take the garment off the first time after surgery. After the shower you should resume wearing your compression garment.
- **CARE:** Wash (hand or delicate) and dry (hang or air - NO HEAT!) your garment.
- **BATHING:** Do not take a bath during the first week after surgery, as the wounds may still be open.
- **ABOUT OUR GARMENTS:** Our garments contain a high percentage of lycra; be careful of fingernail punctures in the fabric. Seams and zippers are designed to be worn on the outside of the garment. Tags are labeled and face forward on the front side of all girdles. BodyShaper tags are located on the outside back of the garments. Breast wear tags are located inside the garment.

HOW TO PUT ON YOUR COMPRESSION WEAR

- **STAGE ONE COMPRESSION GIRDLES AND SHAPEWEAR:** While seated, fasten the girdle up to slightly higher than your knees. Secure both the hook & eye and the zippers up to this area. While remaining seated, place both legs into the girdle and gently position the girdle into place. Then, stand up and pull the girdle up, making sure to position the crotch opening as far up as possible.
- Fasten the remaining hook & eye on one side only, and then carefully pull up that zipper. Please use extra caution to avoid catching the zipper on the inner facing and to avoid getting pulls in the material from your fingernails.
- Now, fasten the hook & eye on the remaining side. This side will be somewhat more difficult to secure, and we recommend that someone be present to provide assistance. After the hook & eye have been secured, carefully zip up that side.
- **STAGE TWO COMPRESSION GIRDLES AND SHAPEWEAR:** Step into your compression wear garment and secure the crotch against your body, then, pull down the legs. The secret is to gather the garment like you do pantyhose. Next, pull the garment up to your waist; the fit should be snug for best results. Extend the garment upward to under your bust or over your shoulders (depending on the style). Adjust straps if necessary. High waisted styles can be worn with or without straps. Each garment is designed to be worn long after you have fully recovered.

- **IMPORTANT TIPS:**
 - If at any time during application you become fatigued, take a rest.
 - Use extra caution to avoid catching the zipper in the fabric or padding. If the zipper becomes snagged, stop immediately. Remove the garment and gently work with the zipper snag until it becomes freed.
 - So that elimination can be easily accomplished without soiling the garment, unzip one side and securely hold the flap to one side.
- **HOW A GARMENT SHOULD FEEL:** Garments should be snug on the body to compress the dermal layer into the muscle wall. Although snug, the fit should be comfortable enough not to impede normal breathing or restrict the patient's movement. In addition, the patient's body type should be accommodated. For example, a patient with a full thigh might find a garment with a longer leg more comfortable than an above the knee version.
- **NOTE:** athletic wear, shapewear, yoga wear, or lingerie will not offer the proper level of compression needed after a surgical procedure.

AS YOU HEAL

- **SLEEPING AND PROLONGED SITTING:** If your surgery areas are around the midsection and below, sleeping with your legs elevated during the first week after surgery should help minimize swelling in the lower legs. Prolonged sitting may increase the swelling of the lower legs. During the first week after surgery, if you have to sit for long periods of time during the day, get up every half hour and walk around a bit.
- **WOUNDS:** It is perfectly acceptable for incision wounds to get wet after this point. Wash incision sites with soap and water, apply a small amount of Vaseline ointment and cover incision with Band-Aids. Repeat wound care once daily until your post-op appointment. Put your compression garment back on.
- **MASSAGE:** Approximately 10 days after surgery, you may begin to massage the surgery areas if it feels comfortable to you. This may hasten the resolution of swelling, lumpy areas and/or hardness. You can massage with your hands and/or with a rolling pin, you can use a massage oil, moisturizing lotion or cream, or you may visit a massage therapist. We can provide you with the name of a massage therapist experienced with liposuction patients. Areas benefiting most from massage include the lower abdominal area and the medial and lateral thighs.
- **POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Griggs as scheduled after surgery. Dr. Griggs will see you approximately 1 week after surgery. Follow-up visits will continue for several weeks, and then after several months. If you don't have an appointment, call (803) 462-4800, tell the receptionist the date you had surgery and she will schedule your post-operative appointment. At each post-operative appointment, Dr. Griggs will advise you how soon the next one should be scheduled.
- **SUPPLEMENTS:** Some supplements are recommended to aid in the healing process. These include Daily multivitamin with Iron, Vitamin C - 500mg twice daily, Vitamin D - 5000 units daily, and Bromelain.

RECOVERY TIME

- **INITIAL:** 3 to 4 weeks. You should expect maximum swelling from 3 to 5 days after surgery. Bruising should begin to resolve in 3 weeks, and most of the swelling resolves in 3 to 4 weeks.
- **SUBSTANTIAL:** 3 months. The treated areas may remain hard for 6 to 8 weeks. About 50% of the expected contour reduction occurs within the first 6 weeks, another 25% at 12 weeks and most of the final 25% by 4-6 months.
- **FINAL:** Occasional patients, especially those who undergo calf and ankle liposuction, have significant additional diminution in contour up to 9-12 months after surgery.

RESUMING NORMAL ACTIVITIES

- **WORK:** Follow the plan you and Dr. Griggs have agreed upon. Most of our patients are able to return to work within 4 days after surgery. By one week, all patients are back at work if they want to be.
- **EXERCISE:** During this time, walking is fine and is encouraged, but use common sense. If you have been sedentary for a while after your surgery, gradually increase the time you spend walking. A patient's motivation is the most important factor in determining when to return to full activity. Changing exercise and diet habits is hard for many people. However, now that you have had liposuction you may find new motivation to maintain your new shape. We encourage you to become involved in a regular aerobic exercise program to sustain the changes in body contour. We recommend brisk walking on an inclined treadmill for 30 minutes, at least 3 days a week if possible.
- **ACTIVITY RESTRICTIONS:** Avoid vigorous activity, including heavy aerobic activity, strenuous sexual activity, and contact sports for at least two weeks and ideally four weeks.
- **DIET:** Additionally, we recommend maintaining healthy eating habits, eating regular meals of low-fat, high fiber, varied foods
- **EXPOSURE TO SUNLIGHT:** You should wait a minimum of six weeks before exposure to sun and heat or sunbathing because of the possibility of swelling. It is recommended to avoid sun exposure to the surgical wounds for the first 12 months as this can promote scarring. If you cannot avoid sun exposure, use an SPF of 30 or higher.

Studio G Aesthetics