

Liposuction pre-surgery shopping list/information

SHOPPING LIST

- *Maxi pads and paper tape (at least 2 rolls of tape) - used for dressing over your incisions
- *Low sodium foods (high sodium foods will increase your swelling making you more uncomfortable) such as unsalted crackers, graham crackers, reduced sodium soups, jell-o, bananas, rice, bread for toast, etc.
- *Cheap sweat pants/pajama pants (at least 2 pairs) – you will drain from your incisions for about 2-5 days after surgery, and will likely drain through onto your pants, especially the first night.

INFORMATION

- *Please be sure you have someone around to help you for the first few days after surgery. You will be tired from your medications and sore from surgery so you may not feel like or may not be able to perform some of the tasks you are used to performing
- *It is very important that you wear the compression garment that will be given to you on your surgery day around the clock for the first 3 weeks after surgery. Weeks 4-6 the garments may be taken off at night only and still need to be worn during the day at all times. The garment will help to push the swelling out from the operated areas.
- *You need to have a responsible driver/caretaker with you on the day of your surgery. You may not under any circumstances take a taxi/shuttle/bus home from the surgery center by yourself. This is for your own protection and safety. You also need someone to stay with you the night of your surgery to make sure you are okay and to help you remember to take your pain pills. If you arrive to the surgery center without a driver/caretaker, you will not be allowed to have surgery
- *If you are not from Bismarck or a close surrounding area you will need to stay overnight in town at a hotel. Dr. Paulson and/or one of his nurses will recheck you the next morning before you go home.
- *You may not eat, drink, or smoke after midnight the night before your surgery. You also cannot chew gum or have any hard candy or anything in the mouth after midnight the night before. This is extremely important, and we will refuse to perform your surgery if you have not followed these instructions.