

Two Weeks Before Surgery

- A member of the nursing team will have already discussed with you the Covid-19 checklist.
- Complete your Covid-19 14 Day Prior Screening questionnaire.
- We will need to order your compression garment. If you need to submit your measurements please do so [here](#).
- Organise your MLD sessions after your 3 day self-isolation (see aftercare information sheet)
- Read all instructions and information (aftercare, consent forms, IV sedation info, what to expect on the day of your surgery). So any concerns or questions can be dealt with and addressed well before your surgery day.

Make a list of all medications (Over-the-counter and prescribed)

- Make a complete list of all medications that you take, either over-the-counter (including supplements and vitamins) or prescribed, before your upcoming procedure and let us know as soon as you can before the procedure.
- Many medications interfere with the clotting process of blood and it is crucial that we know everything that you are currently taking or may take in the near future.
- You may be instructed by Dr Comins to temporarily discontinue certain medications in the weeks ahead.

Check your refrigerator!

It is important that you maintain a healthy diet including many fruits and vegetables. However, there are certain foods which naturally contain salicylates, which affect the blood, and should be kept to a minimum for two weeks before and two weeks after surgery.

Cutting down on these foods will help reduce bruising after surgery. Now is the time to clean out your refrigerator and adjust your shopping lists for the weeks ahead.

Foods containing high levels of salicylates that should be kept to a minimum for two weeks before and two weeks after surgery, such foods include;

Almonds, Apricots, Berries, Cherries, Cucumber, Currants, Raisins, Tomatoes, Vinegar, Citrus fruits, plums, prunes.

Stop 2 weeks BEFORE until 3 days AFTER surgery

- All Aspirin and Ibuprofen type products (NSAIDS).
- All anti-inflammatory drugs. (Please consult your physician prior to discontinuing).
- All anti-coagulants
- Vitamin E supplements.
- If a medication is in question, contact our office.

THESE PRODUCTS MAY CAUSE EXCESSIVE BLEEDING!

Vaser Liposuction Pre- Treatment Instructions

Starting 2 weeks BEFORE until 2 weeks AFTER surgery (Strongly Recommended)

- Take Vitamin A – 4,000-8,000 units, twice a day. This has well-documented beneficial effects on surgical healing and will also fuel your immune system.
- Take Vitamin C – 1,000 mg. once a day. This is essential for collagen synthesis, which is part of normal wound healing. Your need for Vitamin C will increase after surgery.
- Begin taking a non-prescription iron supplement once daily.

*** If you can't start exactly two weeks before, don't worry just try to take the above for as many days as you can pre op.*

One Week Before Surgery

- Complete your Covid-19 7 Day Prior Screening questionnaire.
- Ensure you have been booked for your Covid-19 Swab appointment.
- FOLLOWING I.V. SEDATION: Make arrangements for a responsible adult whom you know to collect you from the clinic and go home with you. This person can drive you or you organise a taxi. You MUST have someone with you for at least 24 hours after surgery.
- BEGIN A LOW SODIUM DIET: (1 week BEFORE until 2 weeks AFTER procedure): Limit sodium intake to 1200-1500 mg. daily. Limiting sodium will help you have less swelling and discomfort and allow you to heal faster after surgery.
- GET PROPER NUTRITION AND REST: (1 week BEFORE until 2 weeks AFTER procedure):
 - Avoid white carbohydrates such as bread, bagels, rice, potatoes, pasta and sweets.
 - Eat healthy, regular meals.
 - Eat 2 fruits and 3 green vegetables daily.
 - Eat a small amount of protein at each meal.
- IMPORTANT! Your diet can aid healing remarkably and reduce swelling and pain!
- Stop alcohol one week before and two weeks after your surgery.
- Pick up your prescriptions (this will be hand given or posted to you, if you haven't received this yet please contact us).
- Purchase from any major pharmacy or buy online the following; [microporous surgical tape 2.5 cm](#), [sterile saline wound wash spray](#) ([Stericlens](#) is very good), some adhesive [waterproof wound dressings](#) (approx 8x6 cm), [sterile gauze swabs](#) 10x10 cm (usually comes in sterile packs of 5, you'll need about 10 packs depending on how many areas you are having treated), [alcohol hand sanitiser](#). You will be given aftercare dressings but it's important to have a good stock of the above too. You can use a brush like [this](#) for your self- massage in the first 7 days after treatment.
- Read post treatment care instructions.

One Day Before Surgery.

- Complete your Covid-19 1 Day Prior Screening questionnaire. If you have shown symptoms at this point please stay at home and call the clinic, we can work with you to rearrange your procedure for another time.
- **EXTREMELY IMPORTANT!** If you are having I.V. Sedation. NOTHING to eat or drink anything 6 hours before your appointment. Including any over the counter remedies (unless discussed with Dr Comins). **SAFETY ALERT:** Failure to comply increases anaesthesia risk and may cause cancellation of your surgery!
- **IMPORTANT!** FOLLOWING I.V. SEDATION: Make arrangements prior to the day of surgery for someone else to drive you home and stay with you for at least 24 hours after surgery!

The Day of Surgery

GETTING READY:

- You may brush your teeth and rinse with mouthwash.
- Do not wear jewellery/piercings or bring valuables.
- Do not wear contact lenses. Bring a case for glasses.
- Bring change of clean laundered loose fitting clothes to change into after your surgery different to the ones you arrive in.
- If you already have your surgical garment please bring this.
- Unless you have been instructed otherwise take all your usual medication. (If you're having IV sedation you may have a small sip of water to do this)
- Please bring all the medication that we have prescribed to you.
- Please aim to arrive as close to your appointment time as possible. We will be limiting the number of people in the building, so you will not be able to enter until your appointment time.
- All patients aged from 18-55 years will be asked to give a urine sample for pregnancy testing regardless of contraception use.

FOR I.V. PROCEDURES UNDER I.V. SEDATION

- You may have a light meal the evening before surgery and nothing else after 12am. Avoid greasy and spicy food.
- 1 hour before procedure: Take oral antibiotics with a small sip of water.

FOR LOCAL PROCEDURES WITH ORAL SEDATION

- No caffeine for 4 hours before procedure.
- You may have a light meal prior to your procedure. Avoid greasy and spicy food.
- 1 hour before procedure: Take oral antibiotics.
- It is preferable to have someone drive you to your appointment and drive you home.

After Surgery

Once your surgery is complete, we will do everything we can to look after you. You will be given specific postoperative instructions for your procedure which will outline in detail what you should do for the next 24 hours and for the upcoming weeks. You will also be given an Emergency number to call if you have any important clinical 'out of hours' urgent concerns. Our Patient Coordinator will liaise with your escort to arrive with the car and we will escort you through the main entrance to ensure you get home safely.

IMPORTANT

- Please adhere to our guidelines regarding Covid-19 & your surgery. They will be updated regularly as we receive more information from Public Health England.
- A discussion with a healthcare member of the team will be had with you over the phone regarding Covid-19 & your surgery. If you have not had this phone call please contact the clinic immediately.
- If your health has changed since completing your pre-treatment consultation or you have been prescribed or taken over the counter new medication, it is important to advise us immediately.
- If there is any chance you may be pregnant please notify us immediately.
- Please read the consent form ahead of your treatment. The complications and risks listed have been explained to you during your pre-treatment consultation however, if you have any concerns or would like to have a further consultation on the treatment, please do not hesitate to contact the clinic.
- If you have any concerns or further questions about your treatment or aftercare please contact the clinic and we would be pleased to address these for you.
- If you wish to cancel your treatment please contact us as soon as possible, (cancellation fees may apply).

