



NORTHEAST PLASTIC SURGERY
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Smartlipo®

Pre-operative Instructions

- ▶ Your scheduled surgery date is _____.
- ▶ If labwork has been ordered for you in preparation for your procedure, which may include an EKG and/or a chest X-ray as well. Please complete all tests at least 2 weeks prior to your procedure, but no more than 4 weeks before your scheduled procedure date.
- ▶ If you smoke or use any other nicotine products (including the patch or gum), please stop at least 4 weeks prior to surgery. You should refrain from nicotine products for at least 4 weeks following your surgery as well. Smoking reduces circulation and can therefore result in wound healing impairment.
- ▶ Avoid alcohol for at least 48 hours prior to your surgery.
- ▶ Avoid the following anti-platelet agents for 7-10 days prior to your surgery, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E for 1 week following your surgery, as they result in a higher risk of bleeding.
- ▶ If you are taking the following blood thinners or anti-platelet agents, please notify your surgeon AND contact the provider who is managing such medications as soon as possible to obtain instructions if and when you should stop the medication prior to surgery, and which alternative medications may be used in the interim: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xarelto, Eliquis, or Brilinta.
- ▶ Jardiance should be held for at least 3 days prior to periods of fasting as it can cause ketoacidosis.
- ▶ Please hold the following medications 7 days prior to your scheduled surgery: semaglutide (Ozempic, Wegovy, etc.), dulaglutide (Trulicity), tirzepatide (Mounjaro, Zepbound), and exenatide ER (Bydureon).
- ▶ Please hold the following 3 days prior to your scheduled surgery: exenatide IR (Byetta), liraglutide (Victoza, Saxenda), lixisenatide (Adlyxin), semaglutide oral daily (Rybelsus), insulin degludec-liraglutide (Xultophy), insulin glargine-lixisenatide (Soliqua).
- ▶ **Phentermine** (anorectic drug; oral pill taken daily): this medication causes delayed gastric emptying and can cause arrhythmias with anesthesia. You must be on a tapered dose for 1 week, then off for 1 complete week preceding surgery. Adhere to the recommendations of the prescribing physician. Naltrexone (medication with weight loss side effects): if on this medication for weight loss, discontinue for 2 full weeks prior to surgery. If on this medication for substance abuse, when it should be held prior to surgery is as the discretion of the prescribing physician.

- ▶ You have received prescriptions for _____ for post-procedure pain relief, and _____ for anxiety. Postoperative pain management includes other modalities that are non-narcotic based to minimize reliance on such medications. Please plan to take Colace post-procedure to limit abdominal straining and constipation. Please fill these prescriptions at least 1 week prior to your procedure date.
- ▶ Please purchase 4"x4" gauze and 1" surgical paper tape from your pharmacy prior to your surgery, as you will need them for post-operative dressing care.
- ▶ We will assist in obtaining a suitable compression garment, for usage post-procedure which you will bring to the office on the day of your procedure. Often, patients choose to purchase a second garment for ease of cleaning and wear.
- ▶ You may eat a light breakfast prior to your procedure. If discussed at your pre-procedure visit, you may be able to take selected medications on the morning of your procedure.
- ▶ You may shower the morning of your procedure. Do not apply any moisturizers, makeup, deodorant, or perfume.
- ▶ Remove all jewelry, rings, necklaces, and piercings, prior to your procedure visit. Leave all non-essential valuables at home.
- ▶ Avoid wearing contact lenses to your procedure visit.
- ▶ Wear a large, front closure shirt and loose elastic waisted pants to the office on the day of your procedure.
- ▶ Please arrange for appropriate transportation in advance of your procedure, as you are required to have a family member or friend bring you to and from the facility, before and after your procedure, as you will be unable to safely transport yourself home post-procedure.