Paul A. Lambert, M.D.

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**SMART LIPOSUCTION**

**PRE-OP INSTRUCTIONS:**

1. **Do not take aspirin, ibuprofen (Motrin, Advil), vit. E, or fish oil for at least two weeks before surgery. Coumadin also affects the clotting time of your blood. If you take Coumadin, please notify your physician, and he will adjust your medication as needed.**
2. Avoid SMOKING and being around anyone who is smoking for two months prior to surgery. Nicotine causes vasoconstriction of blood vessels, and increases your risk of post-operative complications.
3. Avoid sun exposure and tanning beds to the operative area for one month before surgery.
4. Notify the Doctor if you routinely take any medications (i.e. for your heart, blood pressure, diabetes, seizures, or any herbal medications).
5. **Do not wear any make-up, contact lenses, or jewelry to the operating room.**
6. **Wear loose, comfortable clothing;** PLEASE LEAVE JEWELRY AND PERSONAL VALUABLES AT HOME!
7. Please notify us if you have any of the following symptoms within two weeks of your surgery: FEVER, COUGH, COLD, NAUSEA, VOMITING, DIARRHEA, RASH, and POISON IVY.

**\*\*\*If you plan on taking Ativan, you must have a driver to drive you home\*\*\***

I acknowledge that I have read and understand the instructions stated above.

Patient Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_