

Liposuction

Pre-Operative Guide

Allure Plastic Surgery

Dr. Elliot Heller, MD

Patient Preparation Checklist

Welcome to Your Journey

About Dr. Heller

- Board-certified plastic surgeon
- 20+ years of experience
- 10,000+ successful procedures
- AAAHC-accredited facility

What to Expect

- Advanced body sculpting techniques
- Permanent fat removal
- Natural-looking results
- Results visible within 7 days

"This checklist will guide you through every step of preparation for optimal results and smooth recovery."

2

Two Weeks Before Surgery

Medications

- Stop aspirin, ibuprofen, NSAIDs
- Discontinue herbal supplements
- Review all meds with office
- Fill prescribed medications

Lifestyle

- Stop smoking completely
- Avoid alcohol consumption
- Maintain stable weight
- Complete required lab work

Prepare

- Purchase compression garments
- Stock easy-to-prepare meals
- Prepare loose clothing
- Arrange transportation & help

1

One Day Before Surgery

Final Preparations

- Confirm surgery time
- Shower and wash hair
- Remove all nail polish
- Pack essentials bag
- Get good rest

Do NOT

Drink alcohol, take non-approved meds, or apply lotions to treatment areas

Day of Surgery

CRITICAL

Nothing to eat or drink after midnight

Includes water, gum, and mints

Morning Routine

- Shower with antibacterial soap
- Wear loose, comfortable clothing
- Remove all jewelry and piercings
- Arrive on time with driver

What to Bring

- Photo ID and insurance card
- List of medications and allergies
- Compression garments
- Button-front shirt for home
- Filled prescriptions

Total facility time: 2-4 hours depending on treatment areas

Recovery Timeline

Days 1-3

Most discomfort. Soreness like post-workout aches. Wear compression garments continuously.

Days 4-7

Pain decreases. Swelling peaks. Initial results emerging. Light walking encouraged.

Weeks 2-3

Return to work (desk jobs). Swelling reduces. Results more visible. Continue compression.

Weeks 4-6

Resume light exercise with approval. Major swelling resolved. Contours taking shape.

Weeks 8-12

Return to full exercise. Results continue improving. May discontinue compression garments.

Months 3-6

Final results emerge. Residual swelling resolves. Skin tightens. New contours fully visible.

"Final results are seen as early as seven days, but continue improving over 3 to 6 months." - Dr. Heller

Compression Garment Schedule

Compression garments reduce swelling and help skin conform to your new contours.

Weeks 1-2

24 hours per day

(except when showering)

Weeks 3-4

20-22 hours per day

(can remove 2-4 hours)

Weeks 5-6

12-16 hours per day

(night wear only)

Week 7+

As directed

(varies by patient)

Activity & Exercise Guidelines

Week 1

Light walking around home only. No lifting over 5 lbs.

Week 2

Short walks outside encouraged. No lifting over 10 lbs.

Weeks 3-4

Return to desk jobs. Light walking continues. No exercise yet.

Weeks 4-6

Resume light cardio with approval. No ab work or heavy lifting.

Weeks 6-8

Gradually increase intensity. Resume strength training with clearance.

Week 8+

Return to full exercise routine including high-impact activities.

Avoid for 4-6 Weeks

Swimming, heavy lifting, high-impact exercise, contact sports, direct sun exposure

Maintaining Your Results

Fat cells removed are gone permanently, but remaining cells can enlarge with weight gain.

Best Practices

- Maintain stable weight
- Exercise 150 minutes weekly
- Follow balanced diet
- Stay well hydrated
- Attend follow-up appointments

Limitations

- Does NOT remove cellulite
- Does NOT tighten loose skin
- Does NOT address visceral fat
- Does NOT replace healthy habits

"Liposuction should not be looked at as a weight-loss method, but rather removing stubborn fat deposits that don't respond to healthy eating or exercise." - Dr. Heller

When to Contact Dr. Heller

Emergency Signs

- Fever over 101°F (38.3°C)
- Severe uncontrolled pain
- Excessive bleeding or drainage
- Signs of infection (redness, warmth, odor)
- Chest pain or difficulty breathing
- Leg pain or swelling (blood clot)
- Unusual swelling after day 5

Non-Emergency

- Questions about medications
- Compression garment fit concerns
- Minor drainage or spotting
- Activity restriction questions
- General healing progress questions

Emergency Contact

(212) 661-2563

Contact Information

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