

## Smartlipo/Cellulaze Pre-Op Instructions

### **One week prior to your procedure:**

- Lab work must be completed no later than one week prior to your procedure date.
- Stop taking all blood thinners. (Please refer to list provided to you.) You may resume taking your blood thinning medications 2 days after your procedure (Coumadin & Plavix). You may resume anti-inflammatory medication after your procedure.

### **One day prior to your procedure:**

- Start taking your antibiotic as prescribed.
- Take Xanax (alprazolam) as prescribed to aid with sleep.

### **The morning of your procedure:**

- Eat a good breakfast/lunch.
- Shower using the special antibacterial scrub given to you.
- Take Xanax (alprazolam) 30 minutes prior to your scheduled procedure time.

### **General Pre-op Instructions:**

- Please ***only*** bring necessary items with you on the day of your procedure. We will not be responsible for valuable items.
- Your procedure will be done under local tumescent anesthesia. Because there will be mild sedation and pain medication administered, it is necessary for you to arrange for someone to drive you to and from the facility. You will ***NOT*** be allowed to leave the facility on your own.
- Bring/wear dark, comfortable, loose-fitting clothes to wear after your procedure. Something easy to slip on is recommended.
- If you have a balance to pay on the day of your procedure, only cash or a credit card payment will be accepted. ***NO CHECKS*** will be accepted.
- Please arrive 15 minutes before your scheduled appointment time.

**If you have any questions concerning your procedure, please call our office at 985-370-0662, extension 4.**