

ABSOLUTE
COSMETIC MEDICINE

LIPOSCULPTURE AND BODY PROCEDURE CHECKLIST

Dear Patient,

Please find below vital information regarding your procedure. If you have ANY questions at all please do not hesitate to contact our office on 08 9389 9099 or email drmurray@absoluecosmetic.com.au

Please watch the following educational videos regarding your pre-operative and post-operative care. You can access these videos by using either Google or YouTube, just type in the following sentences:

Video 1 - "Patient General Preop Information Dr. Murray"

Video 2 - "Operative Day Education Dr. Murray"

Video 3 - "Summary of Operative Care Important Points Dr Murray"

If you have any problems accessing these links, please contact the Practice Manager and she will send you an email link for each one.

FORMS - PLEASE BRING YOUR PROCEDURE PACK WITH YOU ON PROCEDURE DAY.

Please return and initial ALL the consent forms. Your theatre nurse will witness your forms with you on the day of your procedure. If you have any questions regarding any matters on the consent forms please do not hesitate to contact the clinic.

PAYMENTS

FINAL PAYMENT is required SEVEN (7) DAYS BEFORE your procedure date and can be paid by:

Electronic Bank Transfer

BSB NUMBER: 086-334

ACCOUNT NUMBER: 56 227 0977

ACCOUNT NAME: Nixen Pty Ltd

REFERENCE: Please use your full name

We accept bank cheques, VISA, Mastercard, American Express or EFTPOS.

Unfortunately we DO NOT ACCEPT personal cheques.

A deposit of \$2,200 is required to book all procedures (non-refundable unless under special circumstances).

Your procedure deposit is NON-REFUNDABLE. Non-attendance or failure to comply with pre-operative instructions may incur full charges.

PLEASE CALL THE THEATRE COORDINATOR
AS SOON AS YOU RECIEVE THIS PACK

(08) 9389 9099

PRE-OPERATIVE

BLOOD TESTS

Your blood tests need to be done at least TWO (2) WEEKS (14 Days) prior to your procedure. Your results will be sent directly to the clinic and we will only contact you if your Doctor wishes to discuss the results with you.

BODY CARE

A THOROUGH Chlorhexidine body and hair wash (antibacterial) is necessary on the morning of the procedure. This can be purchased from your local pharmacy. If you have long hair please tie it back and remove all jewelry and piercings except wedding rings. Patients must NOT wear perfume, nail polish, deodorant or make-up. Please remove any nail polish and false/gel nails.

GARMENT

There is an order form in your procedure pack. Please measure the areas required for your procedure and email or call the theatre coordinator to provide measurements, alternatively arrange a time for a fitting at our offices. Your garment will be delivered to Absolute Cosmetic Medicine in NEDLANDS.

You are required to wear your garment full time for three (3) weeks (except for showering) after your procedure. You are required to SLEEP in your garment at night for a FURTHER three (3) weeks.

Make sure the garment is sitting symmetrically and fitting correctly, adjusting it regularly (er: hourly) to avoid creases in the skin.

SMOKING AND ALCOHOL

It is advisable that you keep your alcohol intake to a minimum for the week prior to your procedure. SMOKING IS NOT PERMITTED pre-operatively for 2 weeks and for 6-8 weeks post-operatively. Nicotine patches are permitted. Please note, if you smoke within two (2) weeks of your procedure it may be cancelled without a refund.

Please visit useful link to assist quitting prior to surgery: <https://publications.qld.gov.au/dataset/quit-smoking-brochures/resource/9ab367a2-04ad-46d5-a03c-6d746de3c2e4>

CLOTHING

For your comfort please wear LOOSE, DARK, COMFORTABLE clothing with buttons on the front - i.e. a tracksuit - NO tight jeans, pants, belts or tight tops. Flat shoes only please.

FASTING

Please fast for six (6) hours - NO food or fluids - pre-operatively.

ALLERGIES

PLEASE ensure you alert Dr Murray to any ALLERGIES that you have to any MEDICATION, LATEX, BETADINE, CHLORHEXIDINE, or sticking PLASTERS/TAPES.

MEDICATIONS - BRING ALL MEDICATIONS ON PROCEDURE DAY

Please DO NOT take Asprin/Nurofen (Ibuprofen)/Vitamin E/Fish Oil/Green Tea or anti-inflammatories ten (10) days prior to your procedure. If these medications are essential for your medical condition please inform your Doctor immediately.

- Cephalexin 500mg (Antibiotic) - 1 capsule four times per day.
Please start evening prior to your procedure and take one on the morning of the procedure with a sip of water.
- Stemetil 5mg - 1 tablet four to six hourly as required for nausea.
Before antibiotics and pain relief is the most beneficial.
- Panadeine Forte - 1-2 tablets four hourly as required for pain.

POST-OPERATIVE

DRIVING AND SUPERVISION

As you will be sedated during your procedure YOU ARE NOT PERMITTED to drive for 24 hours afterwards. You will only be DISCHARGED after your procedure to a RESPONSIBLE ADULT who must sign a discharge form and you are required to have ADULT SUPERVISION FOR 24 HOURS POST-OPERATIVELY. You will not be discharged from the clinic after your procedure if you are traveling by taxi/Uber or staying alone for the first 24 hours. (You will be admitted to hospital which will incur extra charges. We can organise a carer for you if notice of 1 week is given. Charges will apply).

ACCOMMODATION

Ground floor accommodation is preferred, less than 30 minutes from Nedlands Clinic.

SHOWERING

Showering is NOT permitted until the DAY AFTER your procedure and you have had your dressings changed by the nurses, you will also be reviewed by your Doctor. Please see attached shower instructions.

SLEEP

On a towel on your first night as your wounds will seep heavily, the consistency should be like red cordial. If it is darker than this please notify the Doctor immediately.

REST

You must rest for 24 hours (strictly) and follow Doctor's instructions.

EXERCISE

Most patients can return to exercise as follows: Week 1 - light exercise; Week 2 - moderate exercise; Week 3 - full exercise.

TED STOCKINGS

You are required to wear your stockings during your procedure and for 2 WEEKS post-procedure. Your stockings will be supplied to you on the day of the procedure. These prevent life-threatening blood clots.

APPOINTMENTS

Will be made for Day 1, day 5, and 1 month.

MOBILE PHONE

You must leave your phone and that of your carer's on and nearby during the first night. THIS IS VERY IMPORTANT.

QUERIES OR CONCERNS

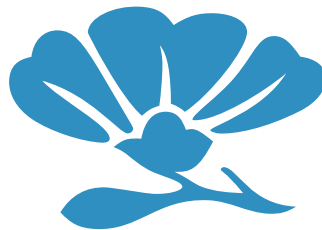
If you have any questions regarding your procedure please contact our office on (08) 9389 9099.

IT IS VERY IMPORTANT FOR YOUR RECOVERY THAT YOU REPORT PROBLEMS IMMEDIATELY.

24 HOUR CONTACTS

Dr Murray **H:** 9385 4991 **M:** 0412 366 872 **Nurse:** 0413 835 867

This is a guide only – no responsibility is taken for incomplete patient enquiries.



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www.absolutecosmetic.com.au