

POST-OP INSTRUCTIONS FOR LIPOSUCTION/LIPOSCULPTURE

1. One should expect a large volume of blood-tinged anesthetic solution to drain from the incision sites during the first 24 to 48 hours. This will vary from patient to patient. In general, the more drainage there is, the less bruising and swelling there will be. You may have a few incisions drain for up to a week. Even though the fluid is red, it is only about 1% blood with the remainder being local anesthetic and tissue fluid. Maxi-pads are recommended for bandages over your incision sites. **BANDAGES MUST BE CHANGED DAILY TO PREVENT INFECTION.**
2. Please have someone stay with you the day of surgery. It is normal for patients to become light-headed when rising from a sitting or lying position. You may also become very light-headed when you remove your garments. Please have someone help you the first time.
3. Please follow these instructions closely. The day following surgery you may remove your garments once a day to launder them, sponge bathe and change your bandages. Surgical garments must be worn 24 hours a day (with the exception above) for the first week and 12 hours a day the second week. If your surgical garment was placed on you inside out, please continue to wear it inside out. This will assure no irritation from the seams. If you have several areas done, you will need help changing your bandages. You could have several incisions per area.
4. Post-op medication will be given to you the day of your surgery. They will consist of Cephalexin (antibiotic), please take as directed beginning the day after surgery; Valium/Diazepam, please take one every 4 hours the evening of your surgery (this is a relaxer and usually adequate for pain the first night); and Vicodin/Hydrocodone, please take as directed and only as needed for pain. If you are unable to take any of these medications, please contact our office so we can arrange for other medications.
5. If you experience nausea or vomiting it is probably due to the medication. Please try to take it with food. If it persists, please contact our office.
6. Diet-meals are not restricted. Drink plenty of clear fluids. We recommend 8 glasses of water or fruit juice a day. Do not drink any alcohol for 48 hours and limit alcohol intake for the first week.

7. As your incisions stop draining, please clean with tap water and apply antibiotic ointment to the incision. Cover with a Band-Aid only if your garments are rubbing on the incisions.
8. Common side effects: Menstrual irregularities with premature or delayed onset of monthly menstruation is a common side effect of any significant surgery. Flushing of the face, neck and upper chest may occur after liposuction and may last for a day or two. Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. Bruising is minimal with tumescent liposuction. Nevertheless, the more extensive the liposuction surgery, the more bruising one can expect.
9. ACTIVITY: Rest for the first 12 hours. Take it easy for the first week. You may resume your normal activities as tolerated. If you experience more than mild swelling or discomfort you may be overdoing it. This will not affect the results of your surgery. Males and females may experience significant swelling in the pubic region after lower abdominal liposuction. Males need to bring an athletic supporter to the office the day of surgery.
10. Post-operative discomfort usually takes the form of deep muscle soreness and usually improves over the following 2 - 7 days.
11. Therapeutic massage is very helpful to speed the healing process. Massage may be done as often as every other day as hard as you can tolerate beginning one week after surgery. The chin is the only area you *should not* massage. Whirlpools and hot tubs are permitted one week after surgery to increase circulation. Soaking in warm baths and doing self-massage is also very helpful. It is normal to have a lot of pulling or pinching sensations for weeks and sometimes months following surgery. The surgical area may turn very hard and feel numb. This is scar tissue and a part of the healing process. Please be patient.
12. You may experience a mild depression the first week after surgery. After this time your mood will improve after you see the swelling and bruising fade. You may have swelling in your calves and ankles for up to three weeks.
13. Avoid sunning until the bruising has faded.
14. DO NOT APPLY HEAT OR ICE TO THE SURGICAL AREAS.

PLEASE REMEMBER THAT FOR THE MAJORITY OF PATIENTS THE GOAL IS SIGNIFICANT IMPROVEMENT, NOT PERFECTION.