



Liposuction Post-Op Instructions

General Discharge Instructions:

1. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, nonacid juices).

Medications:

- You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice.
- Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.
- Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.
- Take pain medication and muscle relaxer 2-4 hours apart.
- ALL narcotic medication can cause constipation following surgery. You may buy Metamucil, Milk of Magnesia, Correctol, or Dulcolax suppositories. All are available without a prescription at the pharmacy. DO NOT allow yourself to have any problems with constipation.
- Resume all your regular medications after surgery – Avoid aspirin products for 7 days (The restart of all aspirin and Ibuprofen products will be decided upon by your doctor).

Activity:

- Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and walk around your house at least every 2 hours during the day to prevent developing a blood clot.
- It is best to rest in an upright position for comfort and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back.
- You may carefully increase your daily activity as tolerated.
- You may drive after 1 week if you are not taking narcotic pain medicine.
- You may return to work in 1 week.

-You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.

-Aerobic exercise in 6 weeks.

Garment:

-The type garment provided will be at the discretion of the surgeon based on your particular surgical area.

-Wear compression garment 24 hours a day for the first month at least. This is based on how you are healing, swelling and for your overall outcome.

-The Garment may be removed to shower or wash the garment.

Wound Care:

-The day after your surgery, shower. Remove your Garment and dressings to shower.

-Wash over your incisions gently with soap and water, gently pat incisions dry with a clean towel and then put garment back on.

-Kotex Pads/mini pads work great to use as dressings at home.

-Expect a large volume of blood-tinged drainage from the small incisions during the first 24-48 hours following surgery. Some patients may have more drainage than others. Change dressings as needed. Do not be concerned if you have drainage for several days.

-DO NOT use a bath tub, hot tub, swimming pool, pond or lake for 4 weeks in order to minimize the risk of infection.

-No smoking or second hand smoke-could cause tissue/skin loss

-Absolutely NO ICE OR HEATING PADS to the skin overlying the areas treated by liposuction-you may freeze or burn your skin.

-Expect bruising- the more extensive the liposuction surgery, the more bruising one can expect. Some patients have more of a tendency to bruise than others.

If abdominal Liposuction: wear loose fitting underwear to avoid creases in the abdominal area.

Fat Grafting:

-Follow the above wound care instructions. DO NOT apply compression to the fat grafted area.

When to call the Doctor:

-If you experience any signs of infection, fever of 101.0 or higher, redness/heat, purulent/odorous drainage

Follow up:

-Your follow up appointment can be made ahead of time, for one week post op following your surgery date. Your stitches may be removed at this time.

For Your Comfort:

-In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.

-Rather you are going to be lying in bed or a recliner (this is best if you have one available), have plenty of pillows to rest with your upper body elevated, on an old sheet, towels, etc. as drainage may occur beyond the dressings.

-Have something to drink within easy reach, drink plenty of fluids following surgery to stay well hydrated.