

Liposuction Discharge Instructions
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The Plastic Surgery Center of Maryland



Diet

- You may resume a regular diet. Lighter foods will help avoid nausea/vomiting.
- A diet low in fat and high in protein enables proper wound healing. In addition, consuming a diet rich in vitamins and minerals is also beneficial. Avoid salty foods which will make you swell. Consider taking a multivitamin.
- Drink plenty of fluids. Dehydration and dizziness is common. This can easily be avoided by consuming fluids.

Activity

- No strenuous activity for 2 weeks.
- Walking encouraged. This is an important step in preventing blood clots in the legs which is a serious condition.
- If liposuction of the thigh, knee or calf was performed, keep the legs elevated while at rest. You may find compression knee-highs helpful. It is very likely ankles will swell.
- You may return to gym 2 weeks after your surgery.

Showering

- You may remove the dressings and girdle and shower 3 days after surgery. Remove all foam padding. Replace another girdle after the shower and do not replace foam pads unless instructed to do so.
- Do not submerge wounds in water (such as soaking in the bathtub). Rather, take showers and allow soapy water to run over your incisions then pat dry.

Dressings/Wound Care

- You may keep the liposuction incision sites dry or can cover with a small amount of antibiotic ointment or Vaseline petroleum jelly. Within first day or two, you may notice red-stained drainage at these sites. This drainage should slow down and stop. You may cover these areas with gauze until drainage stops. If drainage is bright red and/or continues, you need to contact us.

- Wear the girdle at all times during the first 2 weeks (except when showering). You may then choose to take off the girdle for periods of time when sleeping or going out. Most patients find a sense of comfort and relief, as well as better results, from wearing the girdle and so we would encourage you to wear it as much as possible.
- You may wash your girdle in cold water but make sure to line dry and do not use bleach.

Medications

- *Pain Medication:* You will have a narcotic (Tylox, Oxycodone, or Dilaudid) to help with pain relief. You can take 1-2 pills every 4-6 hours as you need for pain relief. In addition, you may have been given a prescription for Ibuprofen or Motrin. It is important to take this medication around the clock and with food. This will help with pain and swelling.
- *Arnica Montana/Arnica Gel:* This is used to help prevent and treat bruising. In addition, apply Arnica gel to the treatment sights three times each day once dressings are removed. GNC and Whole Foods stores are the best bet in finding Arnica.
- A stool softener (Colace) is recommended while taking narcotics as narcotics can lead to constipation. Maximizing fiber intake (fruit, vegetables, or fiber supplements) also helps.
- If you take any medications that may affect your bleeding (Coumadin, Lovenox, Plavix, Aspirin, Naprosyn, Anti-Inflammatory medications, and etc.), please discuss the appropriate time to resume taking this medication with Dr. Shermak.

Follow-Up

- Please arrange for your first follow-up appointment about a week after surgery.

What You Can Expect

- Your body will help you in determining your limits—if it hurts, stop doing the activity.
- You will experience swelling and bruising and numbness. All of these will improve with time.

What to Watch For and When to Call

- You can call our office at any time to speak with Ann or with Dr. Shermak if you have questions or concerns at 410.616.3000. In addition, you can also reach Dr. Shermak by email at shermakmd@gmail.com. **(Please do not use email for urgent or emergent situations.)**
- Call if you develop a fever >101.5 degrees Fahrenheit, you note increased redness or purulent drainage at or around the incision.

- Call if you develop a skin rash all over your body as this may be an allergic reaction to one of your medications.
- Call if you develop calf or arm pain/swelling. This could be a sign of a serious condition.
- Call immediately if you begin to bleed moderately or heavily from your incisions, you develop chest pain, or develop shortness of breath.

Thank you for choosing Dr. Shermak as your plastic surgeon. We look forward to continuing to care for you. Get plenty of rest and best wishes for a speedy recovery!