AESTHERA

PLASTIC SURGERY

LIPOSUCTION INSTRUCTION

This handout provides information on how to prepare for your liposuction operation and what to expect as you are healing after your operation. Please read the handout carefully. Feel free to ask questions at any time.

Important information about preparing for your liposuction operation:

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin),Vitamin E or red wine for 2 weeks prior or for 2 weeks after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.

2. Your prescriptions will be sent to you ahead of time. You should fill these prior to surgery and have them available for when you arrive home from the hospital.

3. Please arrange for a friend or family member to stay with you for the first 24-48 hours following your surgery.

4. Be aware that you will not be able to fly for two weeks following your operation and please plan accordingly.

5. In general, you will need 1 week off from work. Active jobs may require more time off.

On the day of your operation:

- Do not wear makeup, contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse.

- Please keep your valuables at home. You may bring your glasses and a pair of sun glasses for the car ride home.

- Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front.

After your operation:

1. After your operation, you will wake up with a compression garment on. Underneath the compression garment there are tiny incisions with small bandages covering them. It is normal to have oozing from the incision areas that may stain the bandages.

2. Leave your compression garment on for 48 hours. After 48 hours you may remove the garment and shower. Remove the garment while you are lying in bed to avoid feeling dizzy. Have someone assist you to the shower in case you feel faint.

3. Once the garment is off, you will see bruising and swelling. You will see the small bandages covering the incisions. The small bandages are able to get wet. After the shower pat the bandages dry and replace the compression garment. You can do this by lying on your bed on the open compression garment. Most people need help to replace the compression garment.

4. The compression garment must be worn at all times except when showering for 6 weeks.

5. An occasional complaint after the operation is nausea. This generally passes within 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take your pain medication on an empty stomach as you may experience nausea and/or vomiting.

6. Use the pain medication as prescribed when you are feeling uncomfortable.

7. You should rest and not perform chores for 48 hours. You are encouraged to take frequent light walks around the house to prevent blood from accumulating in your legs. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.

8. Heavy exercise and heavy lifting are not permitted for 6 weeks. Light exercise is permitted at 2 weeks.

9. Avoid the sun for 6 weeks after your operation. You must use sunscreen with an SPF of 30 for one year after the surgery. Apply the sunscreen to the liposuction areas and directly over the scars. It is recommended that you continue to use sunscreen after one year.

10. Most patients can drive after one week. Be aware that pain medications cause drowsiness and should not be used before driving.

What to expect as you are healing:

1. Expect to feel very sore for 3-5 days after the operation.

2. You will have bruising and swelling in the liposuction areas for several weeks.

3. You may also experience numbness in the liposuction areas. The numbness is to be expected and will resolve in several months.

4. Your incisions will appear as ½ inch lines. Most incisions are inconspicuous after 6-12 months.

5. The final result from liposuction needs to be judged 6 months after your operation.

Follow-up appointments:

1. You will have several follow-up appointments after your liposuction operation.

2. Your first follow-up appointment will be at 1 week. It is important to continue to wear your compression garment.

3. Subsequent appointments will be suggested by Dr. Chegireddy as needed.

If you have any questions you may reach Dr. Chegireddy by calling the office at (404) 446-0044 during and after business hours.