

JAMES P. ANTHONY, M.D., FACS, INC.

PLASTIC SURGERY

LIPOSUCTION POST-SURGERY INSTRUCTIONS

MEDICATION

Please do not take Vitamin E, aspirin, Bufferin or any medicine containing ibuprofen (ie.Motrin) 10 days before surgery. Tylenol is fine to use as a mild pain reliever before and after your surgery. You will also be given prescriptions for pain medication and antibiotics to take to take after your surgery. The pain medicine can be taken every 4-6 hours if needed but the antibiotics should be taken until all the pills are gone. It is OK to start taking ibuprofen 36 hours after surgery. This may be taken with your prescription pain medicine and will let you stop taking the prescription medicine more quickly.

CLOTHING

We will provide you with a compression garment to wear after surgery. This garment is designed to help you feel more comfortable and to minimize swelling, however, wearing it is optional. Thus you may remove it at any time and leave it off as long as you like. Most patients wear their garments full-time for about the first week and during the day (or night) only during the second week.

ACTIVITY

Please try to walk several times the day of and the first days after surgery. When sleeping, it is generally most comfortable to sleep on your back or your side. In general, light or non-impact exercise (elliptical trainer, exercise bicycle) is OK after two weeks and more strenuous activity after 3 weeks.

BANDAGES

After liposuction there are small waterproof bandages covering the tiny incisions used to perform the procedure. You may remove these bandages on the third day after surgery. The small sutures underneath the bandage may be left uncovered and will dissolve on their own in about 10 days.

