

After Liposuction Instructions

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Percocet: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Zofran: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Colace: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Zanaflex: This will help relax the muscles involved in your procedure, which will also help with pain control.

Although you have been given a prescription for pain medication, you may only need regular Tylenol or Ibuprofen and should try it first. If your stomach becomes irritated or upset, stop the medication. **Do not use aspirin containing products which may increase your chances of bleeding complications.**

Surgical site care:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- You will be provided a garment and will wear that the night of your procedure. You can change absorbent pads as needed.
- You will have pink tinged fluid express from your incisions. This is normal.
- You will be able to remove your garment and dressings the day after your surgery.
- Once your garment and dressing are removed you may...
 - Shower gently and pat dry.
 - Do not allow direct high pressure shower spray to hit incisions.
 - Do not soak incisions.
 - Leave steristrips in place. It is okay to shower with the steristrips.
- Place new, dry gauze bandages over the incisions if needed.
- Wear the compression garment provided 23 hours a day for the first 2 weeks.
- The garment can be machine washed and line dried.
- After 2 weeks you may use lighter compression (Spanx®, UnderArmour®). This will help reduce any swelling you may have experienced.

***If you are unable to wear the provided compression garment you may use lighter compression earlier than 2 weeks. Wearing some type of compression during the first month is highly encouraged to achieve the best results after your procedure. ***

Activities:

- You may experience some pain and discomfort for 2 to 3 weeks, although it should decrease considerably from the first 1 to 2 days.
- Do not push, pull or lift anything heavy (over 20lbs) for 2 weeks.
- You may ambulate the night of your procedure. Walk with assistance to the bathroom, living room, etc. starting the night of your procedure. You are not on bed rest.
- Avoid strenuous activity, getting overheated or sunbathing for 2 weeks. Avoid blowing your nose, coughing, straining, or raising your blood pressure.
- Do not engage in sexual activity for a minimum of two weeks after surgery.

Return to Particular Activities

- 2 weeks after surgery: may resume normal activities. We recommend you start slow and gradually work up to your normal exercise routine.

Diet:

- You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired, with the exception of alcohol, which must not be taken for three days after surgery.
- Drink plenty of fluids/water (eight 8oz glasses a day).

Follow-up appointments:

- 2 weeks after surgery: Your steristrips will be removed at this visit. You may start applying moisturizer to the area after steristrips are removed. Scar care will be discussed at this visit.
- 1 month after surgery: Monitor healing and swelling.
- 3 months after surgery: Final check to make sure everything is healing well after surgery.

Watch for the following signs and symptoms. Notify the office immediately if these occur:

- Fever or blistering.
- Redness that looks like a sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Call the office if you have any questions.