

## After Liposuction Instructions

1. **GOING HOME:** You should not drive yourself home. It is recommended that a responsible adult be with you on the day of surgery. **DIET:** Resume your usual diet immediately. Drink adequate amounts of water, fruit juices and soft drinks to prevent dehydration. **DO NOT DRINK ALCOHOL** 48 hours before or after surgery.
2. **ACTIVITIES:** Quiet rest is recommended immediately after surgery. After surgery, do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours after surgery. Later in the day or evening you are welcome to take a short walk if desired. The day after liposuction surgery you should feel well enough to drive your car and engage in light to moderate physical activities. You may carefully resume exercise 4 days after surgery. It is suggested that you begin with 25% of your normal work-out and then increase your activity daily as tolerated. Most people can return to a desk job within one to two days after surgery, although one must expect to be sore and easily fatigued for several days.
3. **ABSORBENT PADS:** These are placed over the treated areas to absorb the large volume of drainage of blood-tinged anesthetic solution during the first 24-48 hours after surgery. The pads are held in place by elastic garments. Beginning the next morning after surgery, change the pads once or twice daily. During the first few hours after surgery, if you discover some drainage leaking around the pads, simply apply a small absorbent ABD pad over the area by sliding it under the garment.
4. **POST-OP ELASTIC COMPRESSION GARMENTS:**
  - a) **Liposuction of Torso/Thighs/Buttocks/Breasts:** After tumescent liposuction post-op garments are worn in order to: hold the absorbent pads in place, provide compression to minimize bruising, and maximize the drainage of blood-tinged anesthetic solution. The morning after surgery, when the garments are first removed in order to take a shower, the patient may experience a brief sensation of dizziness. Feeling lightheaded is similar to what you might experience when standing up too quickly. It is the result of rapid decompression of the legs immediately after the elastic garments are removed. Should dizziness occur, simply sit or lie down until it passes. Dizziness is reduced by first removing the outer garment and waiting 5 to 10 minutes before removing the second garment. Beginning the day after surgery, you must remove the post-op garments twice daily and take a shower. You may wash the garments at these times. Some body areas require two garments, other areas only one garment plus elastic binders (belt). **These should be worn day and night until all the drainage has completely stopped plus an additional 24 hours.** Do not be concerned if you drain for several days. Discontinuing the use of the garments and binders too soon may result in more prolonged drainage. Typically, patients will need to wear the garments for a minimum of 3 to 6 days, although many choose to wear the garments longer because of the comfort they provide. Wearing the post-op garment for more than the minimal number of days is of no significant advantage in terms of the ultimate cosmetic result.
  - b) **After liposuction of Chin/Cheek/Jowls,** first a beige colored spandex head-garment is placed to provide mild compression and to hold the absorptive pads in place; next a two inch-wide black elastic band extending from under the chin to over the top of the head and is worn for just one hour in order to provide extra compression which minimizes bruising.

5. **MANAGING POST-OP DRAINAGE:** One should expect a large volume of blood-tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours after liposuction, In general, the more drainage there is, the less bruising and swelling there will be. During the first 36 hours, you should sit or lie on towels. When there is a large amount of drainage, it is advisable to place a plastic sheet beneath the towel. Super-absorbent dressings are worn under the compression garment for at least the first 36 hours. When drainage has nearly stopped, patients need only place thin absorbent gauze dressings or small pads on incision sites that continue to drain.
  
6. **WOUND CARE and BATHING:** Keep incisions clean. Shower once or twice daily. First wash your hands, then wash incisions gently with soap and water, afterwards, gently pat incision dry with a clean towel. Apply new absorbent dressings. Incisions that have stopped draining no longer need padding. **Take antibiotics as directed until the prescription is finished.** Call our office if you notice signs of infection such as fever, foul smelling draining, or focal redness, swelling and pain in the treated area.  
**DO NOT APPLY ICE PACKS OR A HEATING PAD** to the skin of liposuction for at least 4 weeks following liposuction. **DO NOT APPLY HYDROGEN PEROXIDE OR PLASTIC BAND-AIDS** to incision sites. **DO NOT SOAK IN A BATH, JACUZZI, SWIMMING POOL or the OCEAN** for seven days after surgery.
  
7. **COMMON SIDE EFFECTS** of tumescent liposuction: Menstrual irregularities with premature or delayed onset of monthly menstruation is common side effect of any significant surgery. **FLUSHING** of the face, neck and upper chest may occur after liposuction surgery and usually lasts for a day or two. **SLIGHT TEMPERATURE ELEVATION** during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. **DISCOMFORT AND SORENESS** is worse the second day after surgery, then improves daily. Take Tylenol as needed and as directed on your bottle for the first 48 hours. **DO NOT TAKE ASPIRIN or IBUPROFEN** or medications that contain these drugs, such as Bufferin, Anacin, Advil, or Nuprin for 3 days after surgery as these can promote bleeding. Bruising is minimal with tumescent liposuction. Nevertheless, the more extensive the liposuction surgery, the more bruising one can expect. **Pain and swelling** due to an inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery; this is treated with antibiotic and anti-inflammatory drugs. **Itching** of the treated areas several days after surgery may occur as part of the normal healing process. To help relieve the itching, you may try taking Benadryl as directed on the packaging. Be aware that Benadryl causes drowsiness. Provided all incisions are closed, soaking in an Oatmeal bath preparation may relieve some of the itching. Benadryl and Oatmeal products may be purchased without prescription at most drugstores.
  
8. **SCHEDULE FOLLOW UP APPOINTMENTS** at our office as directed. Please contact us by telephone if you have any urgent questions.