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Plastic Surgery ♦ Cosmetic ♦ Reconstructive ♦ Hand & Microsurgery

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POST-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION

INSTRUCTIONS AFTER SURGERY:

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible). He/she must stay with you overnight and after surgery until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours.
- Do not drive for approximately 5-7 days after surgery or while you are taking pain medication.
- You are encouraged to walk around the house on the day of surgery and thereafter. Recline, do not lie down. Always keep your head elevated. Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply it for no longer than 20-minute intervals.
- Resume activities slowly. You may feel tired for the first few days, but you should be able to return to normal activities within 1 week.
- Expect to have pain for the first 24 hours. Take your pain medication before your pain becomes severe.
- Take all medications as instructed post operatively.
- Some bruising and swelling is normal. It is expected to take between 3-6 months to see your final results.
- Avoid direct sunlight to the incision for at least 1-year. Use a sunscreen with zinc oxide with a SPF of 20 or greater to help decrease the visibility of the scar.

- Drink plenty of fluids after surgery to help replenish fluids that may have been lost during surgery (8-10 glasses per day).
- If you have not urinated after 6 hours of being home from surgery, please contact our office.
- Use caution when getting up from a chair or bed as you may experience slight lightheadedness. When you take your first shower, avoid suture/incision area for at least 2 weeks. Patients have reported passing out when taking their first shower; please have adult supervision/significant other present to ensure your safety.
- You will go home with a compression garment in place. You will need to wear this garment at all times for three weeks after surgery. After 5 days, you may take the garment off to shower, but it should be put back on afterwards.
- You may have a drain, if so be sure to follow drain instructions and keep record twice a day.
- Expect to have a moderate amount of swelling and drainage. You may change the gauze pads over your garment as needed to help keep clothing dry. The drainage from the small incisions may be significant for the first 12 hours after surgery but should stop after 24 hours. If it persists after then, please call the office.
- You will notice some surgical tapes placed over your incision. If they get wet from showering, you may help them to dry by using a blow dryer (cool setting). Leave tapes in place as they will fall off on their own.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from an incision site.
- Persistent nausea and/or vomiting.

Any other concerns. Office Telephone: #:201-751-9490

I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: _____

Patient Name (print): _____ MD: _____