

INTRODUCTION

The following is a list of general expectations and instructions for your care prior to and following your liposuction. Please thoroughly read these instructions, as most of your questions should be answered here. Instructions for your care will be reviewed with you again the morning after surgery. Following these instructions carefully should help you get the best results from your surgery.

PREOPERATIVE

- Please read your entire pre-op packet.
- Plan ahead to ensure a more relaxed recovery; stock the house with comfort foods and arrange a comfortable place to sleep.
- Set up a support system, someone reliable to drive you to postoperative appointments and help with postoperative care.
- NO SMOKING one month before and after your surgery.
- Stop blood thinners (aspirin, Advil, Aleve, Motrin, ibuprofen, Plavix, etc.) one week prior to your surgery, unless otherwise instructed.

POSTOPERATIVE CARE

Help at Home

It is very important to have a strong support system during the post op period. You must have someone available to drive you home after surgery and stay with you through the night. We will not perform the surgery if these arrangements have not been made. It is normal for a patient to become light-headed when rising from a sitting or lying position or when removing garments and dressings, this is why it is important to have someone with you to help.

Medications

- Prescriptions for post op medications will be given to you the day of your surgery. You will be given a narcotic pain medication. If you have a history of nausea while taking narcotic pain medications, you may also be given a prescription for this. Postoperative antibiotics are usually not needed. Please take these medications as directed when needed beginning the day of surgery. If you are unable to take any of the medications, please contact our office so we can arrange for other medications to be prescribed.
- If you are prescribed oxycodone, you can also take two extra strength Tylenol (acetaminophen) every six hours.
- If you are prescribed a version of hydrocodone (Norco, Lortab, Vicodin), this has Tylenol in the pill, and extra Tylenol should not be taken. You may take Tylenol instead of the hydrocodone pill.
- If you experience nausea or vomiting, it is most likely due to the narcotic in the prescription pain medication. Please try to take the prescription with food; if symptoms persist, please contact our office.
- Prescription pain medications can cause constipation. If you feel that you may be getting constipated, take a gentle laxative, such as Milk of Magnesia, or call our office for a stool softener or laxative prescription.
- Unless you have reason not to, start taking ibuprofen (Advil/Motrin) the day after surgery. Take a full dose according to the package for at least three weeks after surgery.

Drainage

For the first 24 to 72 hours after surgery, you should expect a large volume of blood-tinged anesthetic solution to drain from the incision sites. The amount of drainage will vary, but generally the more drainage there is the less bruising and swelling there will be. A few of the incision sites



may drain for up to one week. Even though the fluid is red, it is only about 1% blood with the remainder being local anesthetic and tissue fluid. Maxi-pads are recommended for bandages over your incision sites, bandages must be changed daily to prevent infection.

Incisions

Once the incision sites stop draining, they will need to be cleaned with soap and water and coated with antibiotic ointment. If there is a chance that your garments will rub the incision sites, you will want to cover the incisions with a Band-Aid. If you had several areas of surgery, you will have several incision sites and will need help changing your bandages.

Surgical Garments

After your surgery, you will be given a surgical garment to wear. This surgical garment may be an abdominal binder or a compression garment. For the first three weeks after your surgery, your surgical garment is to be worn 24 hours a day. During this time you can remove your garment once a day to launder them, change your bandages and sponge bathe. If your surgical garment was placed on you inside out, please continue to wear it inside out, this will assure no irritation from the seams. During weeks four through six following your surgery, you will wear your surgical garment twelve hours a day. If you were given a compression garment, during this time you may switch to a lighter compression garment, such as Spanx.

Massage

Therapeutic massage is very helpful in speeding up the healing process. You can begin massage one week after surgery and may be done as often as every other day and as hard as tolerated. The chin is the only area that should not be massaged. Soaking in warm baths and doing self-massage is very helpful.

Activity

You should rest for the first twelve hours after surgery and take it easy for the first week. Following this time, you may begin to resume normal activities, as tolerated. If you experience more than mild swelling or discomfort you may be overdoing it. Whirlpools and hot tubs are not permitted two weeks after surgery to help circulation.

Sun Exposure

Avoid sun bathing until the bruising has faded. Do not apply heat or ice to the surgical areas.

Diet, Nausea and Vomiting

Diet and meals are not restricted. Please make sure to drink plenty of clear fluids, we recommend eight glasses of water or fruit juice a day. Do not drink any alcohol for the 48 hours before and after surgery, and limit alcohol intake for the first week after your surgery. If you experience nausea, vomiting or itching, it is most likely due to the narcotic pain medication. Nausea, vomiting and itching can be side effects of all narcotics, not an allergy. Please try to take the prescription medication with food. You may use Benadryl if you experience itching. If symptoms persist, please contact our office.

POSTOPERATIVE EXPECTATIONS

Discomfort

Postoperative discomfort usually takes the form of deep muscle soreness and usually improves during the week following surgery. It is normal to have a lot of pulling or pinching sensations for weeks and sometimes months following surgery.

Common Side Effects

Menstrual irregularities with premature or delayed onset of monthly menstruation are a common side effect of any significant surgery. Flushing of the face, neck and upper chest may occur after liposuction, and may last for a day or two. Slight temperature elevation during the 48 hours fol-



lowing surgery is a natural consequence of the body's reaction to surgical trauma. Bruising is minimal with tumescent liposuction, however with more extensive liposuction surgery there will be more bruising. After lower abdominal liposuction, you may experience significant swelling in the pubic area. Over time, the surgical area may turn very hard and feel numb, this scar tissue is a part of the healing process, please be patient.

CALL DR. LEWIS IF:

- Temperature greater than 101.5
- Redness around incision
- Increasing pain that is intolerable
- Pus coming from incision
- Severe or sudden swelling
- Swelling in one or both legs
- Shortness of breath
- Heavy bleeding

Please do not hesitate to ever contact our office

804-267-6009

