

POST OPERATIVE INSTRUCTIONS LIPOSUCTION

Patient Name :
Surgical Facility:

DOB:
Surgery Date:

ACTIVITY

- Minimal activity for the first 24 hours after surgery. Walking around the house for 10 minutes every few hours is helpful for recovery.
- Gradually increase activity as tolerated.
- No sexual activity for 4 weeks after surgery.
- Pain and swelling may indicate that you are doing too much too quickly.
- **No heavy exercise, bending, lifting, jacuzzi, swimming, sun exposure, smoking, or sports for 3 to 6 weeks following surgery. Please ask your surgeon first.**

POSITION

- Elevate head and back at 45 degrees with 2-3 pillows while resting or sleeping.
- Elevate extremity with a pillow (if you had liposuction to your arms or legs).
- Use an old towel or linens on your bed under the areas of liposuction for blood-tinged drainage 1-3 days after surgery. This is normal.

DIET

- Once home, begin with sips of clear liquids such as apple juice, clear soups, or water. If not nauseated progress to a bland diet such as toast, crackers, rice, etc.
- After this gradually progress to your normal diet. Restricting your salt intake is helpful to limit the amount of swelling you will have.
- **Good nutrition:** Eat non-constipating nutritious food (as tolerated) after surgery. Adequate fluids are important following surgery especially the first few days. Stick to non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages – such as Gatorade and water – for the first 3 days. Ideally you should consume at least 8 ounces of fluid every 2 hours. Stick to a diet of soft, bland, nutritious food. Prevention of constipation is important and stool softener medication is recommended. Most nausea and constipation can be avoided by minimizing narcotic pain medications such as Norco or Vicodin.

WOUND CARE AND GARMENT CARE

- 72 hours after surgery, remove garment, throw away foam, shower and replace garment.
- Leave tapes in place until next appointment.
- If tapes fall off or are removed by your surgeon, clean suture area with Q-tip 2-3 x per day using 50% hydrogen peroxide/50% tap water.
- Your garment is to be worn for at least 3 to 6 weeks continuously except when showering or laundering your garment. Your surgeon will advise you when it is no longer necessary to wear the garment. You may switch to a SPANX type elastic garment after the first week.
- While wearing garment/binder it is important to keep it as wrinkle-free as possible.
- Do not take excessively hot or long showers. No baths, jacuzzi, steam room, or saunas are permitted during the first 6 weeks.

TYPICAL MEDICATIONS AFTER SURGERY

Please note that you might not be taking all of these medications.

- **Antibiotic** - Take as directed at your pre-op appointment.
- **Norco (10/325)**, a combination of a narcotic and acetaminophen, 1 tab every 6-8 hours as needed pain. Overusage of acetaminophen (Tylenol) can cause liver toxicity.
- **Colace** – to prevent constipation (stool softener), a common problem because of pain medicines and decreased activity. You may also want to take Metamucil until your bowel habits have returned to normal. If you have not had a bowel movement within 4 days following surgery, take Milk of Magnesia, at bed time. If no results by the 5th day you may use a Docolax suppository. These are available from your drug store without a prescription.
- Continue **healing supplements/surgery vitamins** until finished.
- If you have a **Scopolamine patch** continue to wear 3 days after surgery (anti-nausea patch) *Make sure you WASH HANDS after removing this patch. The medication is absorbed through the skin and can cause blurred vision and a large pupil for several hours if your eye is rubbed with unwashed hands having traces of medication on them. This is a transient event and resolves itself without problems.*
- **Clonidine patch**- do not remove for one week..This medication decreases blood pressure especially rises associated with pain and anxiety. It also reduces pain, anxiety, and nausea allowing other medicines to be more effective.
- **Cyproheptadine (Periactin) 20 mg**- take 1 tablet with meals 3 times a day. Important to take if you are on antidepressants or certain other medications to prevent nausea and other problems.
- **Aprepitant (EMEND) 40 mg tablet #1.** Take with a sip of water 1-3 hours prior to surgery. If taking birth control pills, also use additional contraception for 28 days. This is used in place of Zofram.
- **Zofran 8 mg ODT** every 12 hours as needed for nausea.
- **Celebrex 200 mg per day:** 100 mg twice a day. Do not take other, anti-inflammatory medications, NSAIDs (e.g. ibuprofen or Aspirin), as this may cause bleeding the first several days before or after surgery and if taken while on Celebrex may cause a dangerous electrolyte disturbance, hyperkalemia.
- **Benedryl 50 mg** – you may wish purchase benedryl, 25 mg tablets or capsules, which can be used as a sleeping aid (take 2 tablets =50 mg) when you want to sleep, or to treat itching – take 1-2 tablet(s) every six hours.

DRIVING

- Driving restricted for 72 hours following surgery and while taking prescription medications. Use precaution when driving.

WHAT TO EXPECT AS YOU RECOVER

- It is normal to feel dizzy after liposuction. Drinking Gatorade or Powerade will help restore electrolyte imbalance and minimize dizziness during the first 3 days.
- Expect swelling, bruising and itching. Swelling tends to increase the more active you are. This is a

sign you may be doing too much. Wearing your garment will help relieve discomfort and reduce swelling.

- Asymmetry.
- Contour irregularities as the area/s heal.

Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 101°F), or pain not relieved by medication.

***IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY
(949) 720-3888***

Patient Signature

Date

Witness Signature

Date
