

AFTER LIPOSUCTION INSTRUCTIONS

1. Going Home: You should not plan to drive yourself home. It is recommended but not essential that you have a responsible adult be with you on the day of surgery. Diet: Resume your usual diet immediately. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration. Avoid drinking alcoholic beverages for one week before surgery and 48 hours 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 physical activities. You may carefully resume exercise and physical activity 5 days after surgery. It is suggested that you begin with 25% of your normal work-out and then increase your activity daily as tolerated. No jogging or activity that involves jumping or bouncing for 10 days. 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. HK Absorbent Pads 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. During the first few hours after surgery, if you discover some drainage leaking around the larger pads, simply apply new fresh absorbent pads over the areas by sliding it under the garment.

4. Post-Op Elastic Compression Garments. After Smartlipo with tumescent Liposuction, post-op garments are worn in order to hold the absorbent pads in place and to provide compression that encourages the drainage of the blood-tinged anesthetic solution. The day 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 garment and waiting 5 to 10 minutes before moving. Garments should be removed twice daily to change dressings. You may wash the garments at this time. Some body areas may require two garments, other areas only one garment plus elastic binders (belts). These should be worn day and night until drainage has completely stopped and continued for 7 days. 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 2 weeks, although many choose to wear the garments longer because of the comfort they provide.

6. Wound Care & Bathing: Keep incisions clean. DO NOT shower for 24 hours after your procedure. Keep bandaids on when you shower, avoid getting soap or shampoo in the incisions. First wash your hands, then wash incisions gently with soap and water; afterwards gently pat incisions 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.** Take antibiotics with food. Call our office if you notice signs of infection such as fever, foul smelling drainage, or local redness, swelling, and pain in a treated area.

DO NOT apply ice-packs or a heating pad to the skin of liposuction areas 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 10 days after Surgery.

7. Common side-effects of tumescent liposuction: **Menstrual irregularities** with premature or delayed onset of monthly menstruation is a 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. Two extra-strength Tylenol taken every 4 hours, while awake, for the first 48 hours, will reduce the inflammation, swelling, and soreness associated with surgery. Do not take aspirin or ibuprofen or medications that contain these drugs, such as Bufferin and Anacin, or Advil or Nuprin for 3 days after surgery; 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 the inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery; this is treated with antibiotics and anti-inflammatory drugs. Temporary accumulation of fluid under the skin (seroma) may occur requiring surgical drainage. **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 Center for SmartLipo for the next day for dressing change and in approximately 2 weeks after surgery. You are welcome to return to our office for follow-up visits at no charge as often as you like. Please contact us by telephone if you have any urgent questions.

Patient's Signature

Date / Time