

# POST OPERATIVE INSTRUCTIONS

SAFETY

HEALING

COMFORT

LIPOSUCTION

## Dressing and Incision

1. You may have a layer of foam padding/tape underneath your garment. This aids in decreasing swelling, proper shaping of the area, and assisting the skin to conform to the body. **DO NOT REMOVE UNTIL INSTRUCTED.**
2. It is normal to have red drainage for the first few days after surgery. Use plastic liners and /or towels to protect furniture and bedding.
3. After 3 days you may shower: Remain seated to remove the garment. Remove slowly to avoid dizziness. **DO NOT STAND** until dizziness has passed.
4. After you shower, cleanse the incision sites with peroxide diluted to ½ strength with water.
5. Apply Bacitracin ointment to each incision site – stop after 5 days. Cover each site with gauze and reapply the compression garment.
6. Bruising and aching is normal and will dissipate with time
7. Sutures are absorbable, they will dissolve on their own and do not require removal

## Garment

1. Wear your girdle/compression garment/vest 24 hours a day for the first 3 weeks, then 12 hours/day for the next 3 weeks.
2. You may remove it to shower or wash it but must reapply it immediately after drying off.

## Activity

1. **PUMP YOUR FEET 20 TIMES/HOUR.** You are not allowed to be in bed during the day. Be up and moving at least once an hour during the day. This helps prevent clots.
2. **DO NOT** Shower or bath for at least 3 days.
3. Increase activity level gradually. Resume exercise at ½ level after one week and full level after 3 weeks.
4. Drive when off pain meds for 24 hours.
5. Avoid sunlight to incision for 12 months. Use UVA and UVB protection

## Meds

1. Use prescribed pain med. only when you have pain. Take with food. **DO NOT** mix with alcohol
2. **DO NOT** use aspirin or Advil as this increases risk of bleeding
3. Drink 8 glasses water/day to prevent constipation due to meds and anesthesia

**No Smoking** for 14 days. Even second hand smoke will close capillaries, which provide essential blood supply to wounds for healing.

**Appts** Approximately Post op day 5-7 exam by Dr. Hobar

## Warning signs

**call: 972-566-7300**

1. Shortness of breath
2. Red, itching rash.
3. Rapid swelling that is more pronounced on one side and is not relieved by pain meds.
4. Pain that is not resolved with medication
5. Temp. above 101.f
6. Excessive bleeding or drainage
7. Injury to your incision sites
8. Nausea, vomiting, diarrhea
9. No bowel movement in 2 days after surgery and after trying a stool softener, or any trouble urinating