

Integrity Aesthetics MD

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LIPOSUCTION: INSTRUCTIONS AFTER SURGERY

GOING HOME: You should not drive yourself home. It is recommended that you have a responsible adult with you on the day of surgery.

DIET: Resume your usual diet immediately. Drink adequate amounts of water or fruit juice to prevent dehydration. Avoid alcoholic beverages for 48 hours before and after surgery.

ACTIVITIES: Quiet rest is recommended after surgery. After surgery do not drive or operate hazardous machinery. Do not make any important decisions for 24 hours after surgery.

Later, during the first day or evening after surgery, you are welcome to take a short walk if desired. The day after liposuction surgery you may feel well enough to drive your car and engage in **LIGHT TO MODERATE** physical activities.

You may carefully resume exercise and vigorous physical activity 2 to 4 days after surgery. It is suggested that you begin with 25% of your workout then increase your activity daily as tolerated. Most people can return to a desk job within two days after surgery, although one must expect to be sore and easily fatigued for several days.

POST-OP GARMENT: After tumescent liposuction, compression garments are to be worn to hold the absorbent pads in place. The garment also provides mild compression, which encourages drainage of the blood-tinged anesthetic solution. The morning after surgery, when the garment is first removed in order to take a shower, you may experience a brief sensation of dizziness. The feeling of lightheadedness is similar to what you might experience when standing up too quickly. It is the result of rapid decompression of the legs as the compression garment are initially removed. Should dizziness occur simply sit or lie down until it passes.

MANAGING POST-OP DRAINAGE: One should expect a large volume of blood tinge anesthetic solution to drain from the small incisions during the first 24 to 48 hours following tumescent liposuction. In general, the more drainage there is the less bruising and swelling there will be. During the first 48 hours you should sit or lie on a towel. After the first few days, the patient need only place absorbent gauze dressings over the incision sites if they continue to drain.

WOUND CARE AND BATHING: Keep incisions clean. Shower once or twice daily. First wash your hands and then wash incisions gently with soap and water. Afterwards, gently pat incisions dry with a clean towel. After your shower, apply Bacitracin Antibiotic Ointment to incisions and place new absorbent dressings if still draining. Incisions that have stopped drainage no longer need padding. Call our office if you notice signs of infection such as fever, foul smelling drainage, or focal redness, swelling and pain in treated area.

DO NOT APPLY ICE PACKS OR A HEATING PAD to the skin overlying the areas treated by liposuction.

DO NOT APPLY HYDROGEN PEROXIDE OR PLASTIC BAND-AIDS to the incision sites.

DO NOT SOAK in a bath, jacuzzi, swimming pool, or ocean for 7 days after surgery.