

## POSTOPERATIVE CARE-OUTPATIENT SURGERY

### LIPOSUCTION

- **Your first 24 hours**

Someone should stay overnight with you.

- **Dressings**

*Keep your dressings as clean as possible. Do not remove them unless instructed to do so.*

- **Compression Garment**

If you have had suction of your knees, thighs, hips or abdomen, the physician will have put a compression garment on you at the end of surgery. The extra pressure this garment provides helps reduce swelling and discomfort. You should not remove this garment at all until the second or third day after surgery. After that, feel free to remove this garment temporarily for laundering. We want you to have circumferential pressure for 4-6 weeks, but you may switch to an exercise garment (Lycra or Spandex) whenever it feels comfortable to slip it on or off, as you will have to do so in order to go to the bathroom.

- **Taping**

The physician may decide to cover some or all of your suctioned areas with elastic tape or adhesive foam. On the third or fourth day after surgery, you may peel these off in the shower or bath. This is easier than taking them off “dry”.

- **Swelling**

Expect some discomfort. This should be relieved by your pain medication.

- **Ice Packs**

A significant amount of bruising accompanies liposculpture. Ice packs can be helpful with both swelling and discomfort. After liposculpture of the abdomen, it is not uncommon for the groin and genitalia to become markedly swollen and bruised. Do not be alarmed! The swelling and bruises will go away within several weeks. Ice packs will help the discomfort and swelling.

- **Showering and Bathing**

You may take a “sponge bath” the day after surgery until directed differently by the physician.

- **Activities**

You must start walking immediately. You may continue the activities of daily living as you feel able. Do not return to strenuous activities or aerobic exercise for approximately 6 weeks.

- **Driving**

You may resume driving 7-10 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive.

- **Sexual Activity**

You may enjoy sexual activity as your body allows with certain restrictions. (Refer to back to activity)

- **Exposure to Sunlight**

We recommend that you protect your scars from the sun for a year after surgery. Even through a bathing suit, a good deal of sunlight can reach the skin and cause

damage. Wear a sunscreen with a skin-protection factor (SPF) of a least 15 when out in the sun.

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, let us know as soon as possible. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

- **Smoking**

Smoking reduces capillary flow in your skin. We advise you not to smoke at all for 2 weeks before surgery and 2 weeks after surgery.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Returning To Work**

The average person usually returns to work or to a social schedule in 1-2 weeks. However, there is considerable variation in healing and occasionally a full month is required.

- **Post Operative Appointments**

It is very important that you follow the schedule of appointments we establish after surgery.

- **Finally**

If you have excessive bleeding or pain, call the office at 859-254-5665, day or night.