



## **POST OPERATIVE LIPOSUCTION INSTRUCTIONS**

1. Take your medication as directed.
2. Don't take any aspirin or Vitamin E for the first 5 days after surgery.
3. Be sure to drink plenty of fluids; enough so your urine is transparent and frequent.
4. Start with simple foods after surgery, but advance to a high protein diet after a few days.
5. Avoid strenuous activity, smoking, alcohol or sun exposure for at least a week after surgery.
6. When you are not walking, keep your feet and legs elevated to reduce the swelling. If you are noticing some swelling in your feet and ankles, wear compressive stockings (TEDs. or Mediven) to reduce the swelling.
7. Do not remove your compression garment or compression tape for the first 3 days after surgery. You may remove them to shower after that, but wear your compression garment full-time.
8. It is not unusual to have some drainage through your bandages.
9. You may return to work after your first post-operative visit, providing your duties do not include lifting, pushing, or strenuous activities which cause pain. Do not participate in active sports for the first six weeks following surgery.
10. You may drive one week after surgery if your car has automatic transmission and power steering and brakes. You may not drive if you are having pain, or if you are taking narcotics.
11. Be sure to report any excessive pain, fever above 100°F, excessive bleeding, excessive nausea or vomiting, shortness of breath, or fast heart rate.
12. Be wary of constipation, and use a gentle laxative if needed.



13. Expect swelling or edema of your lower extremities and perineal region, including the genitalia. Even though these areas were not specifically suctioned, with the fluid shifts and the amount of volume changes, you can expect these areas to get significantly swollen. You may want to keep your legs elevated as much as possible, wear compression stockings, and expect to have some difficulties walking just because of the edema of the perineal region and genitalia.
  
14. Please expect a lot of fluid shifts. You may be urinating very frequently starting on the third day after surgery, but it is important to continue to drink plenty of fluids and keep yourself well hydrated. Although you are allowed to shower within a day or two after surgery in most cases, you should definitely consider using a safety stool in your shower because it is going to be exhausting to stand there, and you do not want to pass out. You should also not shower completely by yourself, at least for the first time as we expect you to be somewhat exhausted post surgery.

Schedule your postoperative appointment for 5 to 7 days after your surgery.

1<sup>st</sup> Post-Operative Appointment \_\_\_\_\_