



## **VASER LIPOSUCTION POST-OPERATIVE INSTRUCTIONS**

1. IF YOU EXPERIENCE EXCESSIVE PAIN OR BLEEDING, FULLNESS OR REDNESS IN TREATMENT AREAS OR DEVELOP A FEVER, PLEASE CALL US IMMEDIATELY AT (610) 527-4050.
2. **DRIVING:** A family member or friend 18 years or older must drive you home from your surgery. It is best to have them stay and assist you for the first 24-48 hours.
3. **COMPRESSION GARMETS:** If you had Liposuction on your knees, thighs, hips or abdomen, a special garment was put on at the end of your surgery to provide comfort and support while helping your skin conform to your new body contour. The day following your surgery, you may remove the garment once a day for laundering, sponge bathing and bandage changing. Continue wearing the garment 24 hours a day (with the exception above) for the first 3-7 days and as directed for the second week, followed by 12 hours daily for 2 weeks. If your garment was placed on inside out, please continue to wear it like this, it will assure no irritation from the seams. If the neck area was treated, you must wear the chin garment 24 hours a day for the first 3-4 days and as often as possible for an additional 4-7 days. Males and females may experience significant swelling in the pubic region after lower abdominal liposuction. Males need to bring an athletic supporter the day of surgery.
4. **BATHING/SHOWERING:** Unless wearing a compression garment (above), you may take a shower 24 hours after your surgery, but baths should be avoided for 72 hours. Whirlpools and hot tubs are permitted only after your incision sites have closed, usually at least one week after surgery. Soaking in warm baths of tap water and doing self massage may be very helpful.
5. **TREATMENT SITES:** Please keep your dressing(s) as clean and dry as possible; change them daily to help prevent infection but not removing them until told to. **DO NOT APPLY HEAT OR ICE TO SURGICAL AREAS.** You should expect some drainage of blood tinged anesthetic solution at the incision site(s) due to fluid injected during your procedure. Although the fluid appears red, it's only 1% blood with the remainder being local anesthetic and saline. The more drainage the less bruising and swelling you will have. As your incision(s) stop draining, please clean with tap water and apply petroleum jelly to site(s). Cover only if your garment is rubbing on the incision(s). Itching, pulling, pinching, hardness, tightness and/or numbness sensations are also normal. All should subside within 24 hours – 1 week, but can sometimes last several weeks. Many patients find it helpful to utilize towels or other protective pads on their mattresses, underneath the sheets for the first several days.



6. **ACTIVITY:** Rest for the first 12 hours. It is normal to experience lightheadedness when rising or changing/removing your garments. Take it easy the first week, then you may resume normal activity as tolerated. Experiencing more than mild swelling or discomfort may indicate you are over-doing it. Avoid strenuous activity or lifting over 10 lbs for 2-3 weeks. Protect incision site(s) from the sun until completely healed and use SPF 40 or greater for 6 months. Avoid tanning until bruising has faded, which is normally 10-14 days. Therapeutic massage is very helpful to speed the healing process and may be done beginning 2 weeks after surgery, as often as you can tolerate.
  
7. **DIET:** If you experience any post-operative nausea, try carbonated soda and dry crackers to help settle your stomach. Nausea may likely be caused by your post-operative medications and we advise that you take them with food whenever possible. If your stomach feels normal, start slowly with liquids and bland foods, progressing to soups or gelatin, finally resuming a regular diet. Please drink plenty of clear fluids, at least 8 glasses of water a day. Try to increase your intake of prunes and fiber if you're experiencing constipation.
  
8. **MEDICATIONS:** You will be prescribed an anti-inflammatory to help reduce pain and swelling, take as directed. To help decrease anxiety prior to surgery, take your anti-anxiety medication as prescribed. To prevent infection, an antibiotic will be prescribed and should be taken for at least 10 days after surgery, or as directed. Take your pain medication as prescribed prior to and after surgery; **AVOID** alcohol and smoking while on your post-operative medications. If you are unable to take any of the medications for any reason, please contact our office so we can arrange for other medication.

**\*YOUR FIRST POST-OPERATIVE APPOINTMENT IS SCHEDULED FOR (5-7 DAYS POST-OP)\***

DATE \_\_\_\_\_

TIME \_\_\_\_\_