



POST-OPERATIVE INSTRUCTIONS FOLLOWING LIPOSUCTION

Patient Name _____

Date _____

Surgery Date _____

For you to have the best possible results after surgery it's important to follow these instructions.

Use this as a checklist of your progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause for concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of liposuction and signs to watch for after liposuction include the following:

Tightness and stiffness in treated areas: Bruising, swelling and redness: Tingling, burning or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Skin firmness, hypersensitivity or lack of sensitivity: This is normal and will gradually resolve over time.

Shiny skin or any itchy feeling: Swelling can cause the skin in treated areas to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry: both sides of your body heal differently. One side of your body may look or feel quite different from the other in the days following surgery. This is normal.

CALL THE OFFICE IMMEDIATELY AT 973-822-3000 IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen region anywhere that has been treated with liposuction or bruising that is localized to one specific point of the lower body.**

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region. Apply cool compresses for no longer than 20-minute intervals.

DAY OF SURGERY INSTRUCTIONS

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you around the clock for the first 24 hours following surgery.

Rest, but not complete bed rest. While rest is important in the early stages of healing, it is equally important that you are ambulatory; meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.

Recline, do not lie down flat. This will be more comfortable for you, and can reduce swelling. Always keep your head elevated.

Good nutrition: Fluids are critical following surgery. Drink plenty of water. Start with a bland diet today and advance as tolerated. Stick to non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages including fruit juices and water, milk and yogurt drinks.

Take all medication, exactly as prescribed.

Percocet 5/325 mg 1-2 every 4 hours as needed for pain with food

Vicodin 5/300 mg 1-2 every 4 hours as needed for pain with food

Scopolamine Patch 1 mg transdermal. Apply behind ear 2 hours prior to surgery remove the following morning if no nausea/vomiting. Wash hands and area after removing the patch.

Other: _____

Other: _____

Change your incision dressings. Wash hands well with soap and water before performing any dressing changes or caring for drains. Your incisions will seep fluid and some blood for a short time after surgery, this is normal. Keep dressings clean and dry

Wear your compression or elastic wraps around the clock. Follow the instructions specifically removing any compression wraps only to cleanse your incision or to empty any drains.

Do not smoke. Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.

Relax. Do not engage in any stressful activities. Do not lift, push, or pull anything. Take care of no one and let others tend to you.

TWO TO SEVEN DAYS FOLLOWING SURGERY

During this time you will progress as each day passes. Ease into your daily activities. You will receive clearance to begin driving or return to work at your post-operative visit, or within _____ days.

Your post-operative visit is scheduled for: _____

- **Continue to cleanse wounds as directed; you may shower.** Take a warm, not hot shower. Do not take a bath. Limit your shower to 10 minutes. Avoid getting your incisions wet. Do not remove any steri-strips. Do not rub your incisions. Apply a fragrance free moisturizer to the surrounding skin, however not on your incisions.
- **Take medications and supplements as directed.** Take pain medication and muscle relaxants only as needed. You may wish to switch from prescriptive pain medication to acetaminophen (Tylenol).
- **Continue to wear your compression garment around the clock.**
- **Do not resume any exercise other than regular walking.** Walking is essential every day to prevent the formation of blood clots.
- **No sun exposure.** If you plan to go outdoors for any reason, use sun protection including wearing protective clothing. Avoid any direct sun exposure.
- **Maintain a healthy diet. Do not smoke. Do not consume alcohol.**

ONE TO FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing.

- **Continue your wound care as directed.**
- **Refrain from resisted or aerobic exercise.** You may begin range of motion exercises but not with any weight, pressure or resistance of any kind. Continue walking. A daily, brisk 20-minute walk is recommended.
- **Do not smoke.** While incisions may have healed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Continue to wear your compression garment as directed.** This is essential for your skin to conform to new contours. If your skin does not conform, revision procedures to reduce excess skin may be recommended.
- **Practice good sun protection.** Do not expose skin in regions treated with liposuction to direct sunlight. If you are outdoors, apply at least an SPF 30 to the treated region at least 30 minutes prior to sun exposure and wear protective clothing. The skin in areas treated with liposuction is highly susceptible to sunburn or the formation of irregular, darkened pigmentation.

Follow-up as directed. Your second post-operative visit is scheduled for: _____

FOUR TO SIX WEEKS FOLLOWING SURGERY

Healing will progress and your tissues settle into a more final shape and position.

- **You may ease into your regular fitness routine.** However realize that your body may require some time to return to previous strength. Avoid yoga or “extreme” stretching exercises. Resume yoga at 3 months or discuss with your doctor.
- **Discomfort or tightness and tingling of the skin will resolve.**
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Continue healthy nutrition, fitness and sun protection.**
- **Your scars will continue to refine.** If they become raised, red or thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines one year after surgery.
- **A 3, 6 and 12 month post-surgery follow-up is recommended.** However you may call our office at any time with your concerns or for needed follow-up.

Your body will change with age. The appearance of your body will change too. Although the outcomes of liposuction are generally permanent, any significant weight gain or loss, pregnancy as well as the normal influences of aging can cause changes to your appearance. You may wish to undergo revision surgery at a later date to help maintain your appearance throughout life. Contact our office with any of your questions or concerns, at any time.

I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask my doctor and his or her staff any questions I have related to these instructions or about my procedure, health and healing.

Patient Signature/Responsible Party

Date/Time

Printed Name/Relationship

Signature of Practice Representative and Witness