

What To Expect Following Liposuction

This Document explains Dr. Cooper's specific Instructions for Pre and Post-Operative Care. We require that these Instructions, Dr. Cooper and our Office Staff are the only resources for your Pre and Post Operative Care Instructions. The Internet, other Physicians, Family Members and Friends are not resources for information and instructions for Pre and Post Operative Care. Please review these Instructions prior to contacting our office with questions and please do not contact our office to ask about instructions or recommendations given by any other source.

Post-Operative Swelling & Care

- Maximal swelling is 2 to 3 days following surgery. You may have some bruising; this is normal.
- You may have excessive leakage from your incision sites for 2 to 3 days. You should place several towels underneath you when you lay down and when you sleep to avoid soaking or soiling your furniture/linens.
- Wear your compression stockings until you are up and about more of the time than you are laying down.
- You should take a stool softener such as Colace as directed by the packaging while taking narcotic pain medications (Percocet, Oxycodone, Vicodin). **DO NOT take a laxative.**
- Wear your abdominal binder (surgical garment) for 3 weeks at all times. You may remove it to shower.
- We may recommend that you continue to wear your abdominal binder a few hours each day for weeks 3 to 6.
- Do not submerge in water for 1 month; no baths or any swimming, etc.
- Ice can be applied in 15 minute intervals to decrease swelling for the first 3 days but it will not eliminate swelling entirely.
- Sutures will typically be removed after 1 week.

Medications:

- We will prescribe you antibiotics and pain medications, which should be picked up from your pharmacy prior to your surgery; you do not need to bring your pain medications to the office on the day of surgery. Medications are typically called in Thursday or Friday the week prior to surgery.
- You can take Advil, Motrin, or Ibuprofen 24 hours after your surgery.
- You can start Tylenol when you get home from surgery. Avoid taking Percocet/Vicodin and Tylenol together. Space at least 4 hours apart; they both contain acetaminophen.
- We advise you to discontinue pain medication when possible, Pain medication will make you constipated. You should take a stool softener such as Colace as directed by the packaging while taking narcotic pain medications (Percocet/Vicodin); you should start taking stool softener 2 days prior to surgery. DO NOT take a laxative.

Diet Following Surgery

- Start with bland food/ drink; if tolerated return to regular diet. Avoid acidic food/drink for 24 hours
- Drink plenty of fluids for the next 24 hours to help flush anesthesia out

Activity Following Surgery

- For the first 24 hours after surgery only get up for meals and to use the bathroom. After 24 hours you can shower and be Up as Desired.
- No heavy lifting (greater than 10 pounds) or bending over or strenuous activity for a period of 6 weeks.
- In order to prevent blood clots it is important for you to walk around at home a few times a day.
- Please avoid any activity that raises your heart rate or causes you to break a sweat until you have been cleared to resume your normal activities.
- Do not drive until the later of 3 days or until you have stopped taking pain medication.
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery.

Personal Care Following Surgery

- You can shower the day following surgery.
- No baths or swimming (do not submerge in water).
- Do not apply any lotions or ointments to the site of your incision.

Call the Office at (561) 406-6574 if you have any of the following:

- A fever greater than 101°F, a fluid bulge underneath your skin, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication; if you notice signs of wound infection (redness/tenderness at or puss discharge from your incision); or if you have other concerns.

- Please call 911 or go to the closest hospital Emergency Room for any life threatening emergencies.

Your Follow Up Visits:

- 1 week following surgery ___/___/___ ___:_____ (AM / PM)
- 3 weeks following surgery ___/___/___ ___:_____ (AM / PM)
- 6 weeks following surgery ___/___/___ ___:_____ (AM / PM)
- 3 months following surgery ___/___/___ ___:_____ (AM / PM)

Date _____ Time _____ AM/PM X _____

Signature (Patient/Health Care Agent/Guardian/Family Member) (If patient's consent cannot be obtained, indicate reason above.)