



## Liposuction

### Post-Operative Instructions

*The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.*

#### What to expect:

- You may be given a medication during your procedure will stay in your system for roughly 4 hours, which may make you feel sleepy, dizzy and/ or lightheaded. These feelings will wear off slowly. **Therefore, you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol, including beer, make important decisions or sign legal documents. You will need a driver to bring you home.
- Maximum discomfort will occur the first few days after the procedure and then will subside gradually.
- Expect bruising- the more extensive the liposuction surgery, the more bruising one can expect. Some patients have more of a tendency to bruise than others.
- Compression Wear must be worn **all day and night** for about 4-6 weeks after surgery. Garments are washable but DO NOT dry in the dryer. Air dry the garment, so it doesn't shrink.
- It is generally best to plan to take five to seven days off before returning to work. If your job is physical, it is not unreasonable to take some extra time.

#### Pain Medication:

- **For pain it would be appropriate to take Tylenol 500 mg two tablets every 6 hours (not to exceed 2000 mg in 24 hours) and Ibuprofen 600 mg every six hours, if it is not contraindicated for your health and you have not been prescribed Celebrex. Alternate so that you take one and then the other, every 3 hours.**

#### Diet:

- Follow a balanced and fiber diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase your fluid intake.
- Eat a light diet following your procedure. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, nonacid juices).



### Activities:

- Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and walk around your house at least every 2 hours during the day to prevent developing a blood clot.
- It is best to rest in an upright position for comfort and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back.
- You may return to work in 1 week.
- You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.
- Aerobic exercise in 6 weeks.

### Wound care:

- The day after your procedure, shower. Remove your Garment and dressings to shower.
- Wash over your incisions gently with soap and water, gently pat incisions dry with a clean towel and then put garment back on.
- Expect a large volume of blood-tinged drainage from the small incisions during the first 24-48 hours following surgery. Some patients may have more drainage than others. Change dressings as needed. Do not be concerned if you have drainage for several days.
- **DO NOT** use a bath tub, hot tub, swimming pool, pond or lake for 4 weeks in order to minimize the risk of infection.
- No smoking or second hand smoke-could cause tissue/skin loss.
- Absolutely **NO ICE OR HEATING PADS** to the skin overlying the areas treated by liposuction-you may freeze or burn your skin.
- If abdominal Liposuction: wear loose fitting underwear to avoid creases in the abdominal area.

### Call Dr. Holland if:

- Your temperature is greater than 101. It is not uncommon to have a low-grade fever after surgery.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a foul odor) drains from the incision.
- Severe or increased pain not relieved by medication occurs.
- You have side effects such as rash, nausea, headache and or vomiting from the medication.
- Severe bleeding occurs. Apply direct pressure to the area.
- You have a loss of feeling or motion.

### Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**