

Postoperative Care Following Liposuction

Diet

Do not be surprised if you don't feel like eating much. The most important thing to do is drink plenty of fluids. Your appetite will come in a few days. Bland foods are best to try first such as toast, crackers, soup, Jell-O, etc. It is best to have some food in your stomach when you take your pain medicine or it may cause nausea.

Medicines

You will be given prescriptions for several different medications to take once you arrive home. Here are some basic instructions regarding these:

Pain – For the first 48-72 hours, I would suggest taking your pain medicine every 4-6 hours on a regular basis for the first few days. This will help minimize your discomfort and allow you to get through the most difficult time. This is particularly true during the night. You may want to set your alarm so that your next dose can be given. Remember that if you wake up at night in pain, it will be at least another half an hour or so before you can get comfortable. Occasionally patients may experience nausea while taking narcotics. For this reason it is important to try to take these medicines with some type of solid food. If nausea persists, please call me. These medications may constipate you necessitating a laxative. I may have you begin ibuprofen (if you can tolerate it once you are eating regularly to help with swelling, inflammation, and pain.

Antibiotics – You will not need to take any antibiotics after your surgery.

Nausea – If you are experiencing nausea, I may prescribe a medicine to help with this. It can be taken every 6 hours as needed. The medicine comes in two forms: oral and suppository. Typically, if you are experiencing nausea, the oral form can be difficult to keep down so I recommend suppositories.

Sleeping – I will prescribe a medicine to help you sleep at night. Most of the time this is not necessary, but if you are having some difficulty please let me know.

Your Garment

You will be discharged home in a garment covering the areas that we treated. I would like you to keep this on continuously until the third day after surgery. At that time you can take a shower.

Someone must be present to help you with your first shower.

Initially, loosen your garment while you are still lying on the bed. After several minutes and with the help of someone, slowly stand up. You may have some white foam padding overlying many of the areas that we treated. Remove those pads, but remember where they came from because I would like you to replace them after your shower.

Each incision site will have a gauze pad and tape over it. Remove each one of these. **Please have someone there to assist you with your shower. Many patients experience light-headedness and may even faint.**

Once your shower is finished, replace the foam padding and put on the new garment given to you at the hospital. You do not have to do anything to your incisions. This garment should be worn continuously except for showering. You do not need to cover the incision sites after your shower or treatment them with any ointments.

Please remember that if we treated your abdomen it is best to avoid **sitting straight up** during the first 7 days. This helps prevent the abdominal wall skin from rippling and helps maintain a smoother contour.

Your First Visit

Debbie typically will have given you your first appointment date following your procedure in your preop packet. If you are unsure, please call our office.

When you arrive for your first visit, you may ask one of the receptionists at the valet for a wheelchair to assist you in getting to our office if needed. At your first visit, we will examine you and remove your sutures. I will ask you to use steri-strips (small pieces of tape) over several of your incisions to help keep tension off of them and minimize the scarring.

If you should have any questions at all, please do not hesitate to call me. During the day, Debbie can assist you or get the message to me so that I may call you. At night, the answering service will connect you with me.

Office number: 214-645-2353