

LIPOSUCTION

Post-operative Instructions Following Liposuction

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1. **Right after Surgery:** You will be released home shortly after surgery (unless you are combining it with an abdominoplasty procedure). You will need someone to drive you home and someone to help you for the first few days. If you have small children, arrange for help with the children for the first one to two weeks after surgery.
2. **Dressings:** Leave all dressings in place right after surgery. An abdominal binder or a compression girdle will hold the dressings in place until you are seen in our office. We will do the first dressing change in the office. You will need minimal dressing changes after the first change. We will give your instructions if any further dressing change is needed.
3. **Showering:** You may gently sponge bathe for the first few days after surgery you may shower 4 days after surgery. You will require some assistance to remove the binder or garments and get into the shower. If you are not comfortable showering yet, please wait until your first post-op and dressing change in the office. During the first few days, you may become lightheaded when rising from a lying down position. Please do so slowly. You may also become lightheaded when you remove your garment. Have someone help you the first time.
4. **Eating:** Start with light and soft meals. As you get more comfortable, you may progress to regular food. Drinking fluids is very important after surgery; at least 1 quart a day (about a liter). Try to drink non-caffeinated fluids.
5. **Medications:** All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Try not to take pain medication on an empty stomach; it can cause nausea. You only need to take the pain medication, if you have discomfort. Taper off the pain medication when your pain level starts to decrease during the first week. The stool softener helps prevent and relieve constipation, but it is effective only if you are drinking plenty of fluids with it.
6. **Activity:** Allow yourself to rest following your surgery. It is OK for you to get up and use the restroom & walk around your house. It is NOT OK for you to attempt exercise at ANY level until instructed to do so by Dr. Behmand or Dr. Ting. When resting, move your legs and pump your feet hourly while awake to keep circulation of blood in your lower extremity. You may not do any type of household chores.

7. **Swelling and Bruising:** Swelling and bruising tends to vary from person to person. Areas of liposuction tend to bruise more than other areas. Your swelling will be at its maximal level at around one week after surgery. You will begin to notice gradual decrease in swelling after this time. Bruising will often work its way into areas where you did not have surgery (such as legs and back) due to gravity. Many herbal supplements tend to have a worsening effect on bruising when taken before surgery. Please discuss any medications which you plan to take before surgery with Dr. Behmand or Dr. Ting during the preoperative visit.
8. **Driving:** Do not drive yet. Once you are NO LONGER TAKING pain medication at all, and are feeling comfortable, you may start driving.
9. **Exercise:** Avoid exercise and aerobic activity for 6 weeks after liposuction. Early and heavy activity can also cause excessive swelling and will slow the healing process. You should also avoid any lifting, pulling, bending, and fast movements during this time. Use a smaller handbag and ask for assistance with groceries.
10. **Follow-up:** During your preoperative appointment, you will be given a print out detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office.
11. **24 Hour Answering Service:** We have a 24 hour answering service in the event that you have any urgent concerns after our regular office hours. Please call our normal office phone number. The answering service can call the doctor if needed.