

LIPOSUCTION SURGERY

Post-operative Instructions Following Liposuction

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Call the office immediately if you have:

- A fever/temperature of 101 or higher
- Any unusual or painful swelling and redness
- Pain that is not relieved by your pain medication
- Any active bleeding soaking more than a 4x4 gauze
- Any purulent “pus like” drainage coming from the incision site

1. Right after Surgery: You will be released home shortly after surgery. 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. Deep Breathing Exercises: Use the incentive spirometer hourly, while awake, during the first week after surgery.

- Inhale slowly through the mouth piece until the plastic ball reaches 1,500 cc
- Exhale and relax
- Repeat for a total of 10 times per hour

3. Foot Pump and Ankle Circle Exercises: Perform the following foot exercises every hour beginning when you return home and continue for the first week after surgery to keep circulation of blood in your lower extremities:

- While resting, pump your ankles up and down like stepping on a gas pedal
- Relax both feet, then repeat ten times before resting
- Circle both ankles to the left. Then, circle both ankles to the right
- Relax both feet, then repeat ten times before resting



4. Dressings: Leave all dressings in place right after surgery. An abdominal binder or a compression garment 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.

5. Showering: You may gently sponge bathe for the first few days after surgery and you may shower regularly 3 days after surgery. You will require some assistance removing the binder or garment and getting 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.

6. 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.

7. 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. Do 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.

8. Activity Level: Allow yourself to rest following surgery. It is fine for you to get up and use the restroom or to walk around inside your house. But, it is not fine for you to attempt exercising at any level until instructed to do so by Dr. Behmand. You may not do any type of household chores.

9. 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 during the pre-operative visit.

10. Driving: Do not drive until one week after surgery and once you have discontinued taking your prescribed pain medication. If you are not comfortable driving at one week, please wait until you feel comfortable.

11. 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.

12. 24 Hour Answering Service: If anything is urgently needed after 5 pm or over the weekend, please be aware that we do have a 24 hour answering service. You may call our regular office line at (925)939-9200 to reach the answering service for assistance.