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AESTHETIC PLASTIC SURGERY
Certified By The American Board of Plastic Surgery

**LIPOSUCTION
AFTER CARE INSTRUCTIONS**

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.

It is important to be walking early and frequently, move your legs and ankles when in bed. Keep your legs elevated, when in bed, for the first 2-3 days. Please do not cross your legs as this can increase the risk for blood clots.

Please take deep breaths frequently to keep your lungs clear (15-20 per time).

A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or Jello. You may start a regular diet the next day.

Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. The pain medication that has been prescribed should relieve your discomfort. You may take the pain medication as prescribed for the first 2-3 days after the surgery for pain and/or discomfort. It is best to take pain medication with crackers, Jello, etc. Do not drink alcohol while taking pain medication.

It is important to refrain from any strenuous activities for 3 weeks after surgery. Keep the heart rate below 100 beats per minute. Gradually work to pre-surgical activities beginning slowly after the 3rd week postoperatively.

You will be seen on the first postoperative day where the Reston foam that is in place will be loosened to prevent blistering of your skin. It will be replaced and should be kept in place until the 3rd postoperative day when the pressure garment can be removed and you may shower. The purpose of the foam is to prevent bruising and swelling.

The pressure garment must be worn AT ALL TIMES for THREE WEEKS. You may remove the girdle beginning on the 3rd day before showering. Be sure that someone helps you remove the girdle the first time you take it off. Some people feel dizziness/lightheaded when the girdle comes off. This is normal. Sit or lay down for about 20 minutes BEFORE you shower.

You can put the pressure garment in the washer and dryer while you are showering and then put it back on in 1-2 hours. You then wear the girdle at all times for 3 weeks except when showering. Many patients continue to wear the garment for comfort. You may wish to purchase a full length Lycra girdle without zipper at a department store to wear for comfort.

The body retains fluids in response to surgery, so do not expect to see any immediate weight loss for the first 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than a decrease in pounds.

Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months afterwards. The bruises will move down your body as they are absorbed.

Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin . Massage can begin 2 weeks after surgery. Request a Swedish lymphatic massage therapist.

It is normal to have an itching sensation and/or numbness following surgery in the areas that underwent liposuction. This will gradually subside over the next 2-3 months.

Do not use a heating pad under any circumstances. Because of the potential numbness in the treated areas, the use of a heating pad may cause skin burns.

GENERAL INFORMATION

Avoid strenuous activity and lifting of objects heavier than 10 pounds for 3 weeks (keep heart rate less than 100 beats per minute)

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months that has both UVA and UVB protection.

Please take all medication carefully and as directed.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications please call my office.

If you develop a fever (oral temperature greater than 101), redness, or increased pain at the surgical incisions, please call immediately.

Return to the office for a check-up, usually 1-2 days following surgery. The office will schedule an appointment for you.

*Call our office if you have any questions, if any problems should arise, or if you have been having any signs or symptoms of infection (redness, fever, drainage). 949-706-3100 (Newport Beach Office).