



POST OPERATIVE INSTRUCTIONS - ASPIRATION (LIPOSUCTION) SURGERY

Going Home

You should not plan to drive yourself home. It is recommended that you have a responsible adult at home with you on the day of surgery.

Activity

Quiet rest is recommended for the first few hours immediately after surgery. Do not drive or operate hazardous machinery for 18 hours after surgery. Do not make any important personal decisions for 24 hours after surgery. Later in the day or evening of surgery you may take a short walk. The day after liposuction surgery you should feel well enough to drive your car and engage in light to moderate physical activities. You may carefully resume exercise and vigorous physical activity two weeks after surgery. It is suggested that on the first week you begin with 25% of your normal workout and then increase your daily activity as tolerated. Most people can return to a desk job within 4 days after surgery, although one must expect to be sore and easily fatigued for several days.

Elastic Compression Garments

Post-Op Garments are designed specifically for tumescent liposuction. Compression garments are worn after tumescent liposuction of the thighs or hips. Torso garment plus an adjustable elastic binder is used after tumescent liposuction of the abdomen, hips, waist, flanks, back, or breasts. These garments are specifically designed to be used with super-absorbent pads and to provide firm compression to encourage maximum drainage of residual blood-tinged anesthetic solution. Beginning 3 days after surgery, the post-op garments are to be removed daily to permit you to shower and to wash the garments. Do not be concerned if you have drainage for several days. Discontinuing the use of the garments and binders too early may result in more prolonged drainage. Typically, patients will need to wear the garments for 4 weeks.

Managing Post-Op Drainage

One should expect a large volume of blood-tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours following tumescent liposuction. In general, the more drainage there is, the less bruising and swelling there will be. For the first 24 to 48 hours, bulky super-absorbent pads are worn overlying the treated areas, and under the compression garments. After most of the drainage has stopped, patients need only place absorbent pads over the incision sites that continue to drain.

Dizziness and Fainting

Patients may experience a brief sensation of dizziness the morning after surgery, when the garments are first removed in order to take a shower. Feeling lightheaded is similar to what you might experience when standing-up too quickly. It is the result of rapid decompression of the legs after the post-op garments are removed. Should dizziness occur, simply sit or lie down until it passes. Dizziness may be prevented by removing the outer compression garment 10 minutes before removing the second garment.

Fainting after urination

On the morning after childbirth a woman has an increased risk of fainting if she stands up too fast immediately after urinating. This is known as post-micturation syncope. A similar situation occurs the morning after liposuction. A liposuction patient should stand up slowly after urinating. In order to avoid a serious injury from a fall, if dizziness does occur, the patient should sit or lie down on the floor immediately. It is recommended that patients not lock their bathroom door so that someone can come to assist if necessary.

Wound Care & Bathing

Please keep your incisions clean. You may shower the day after your surgery. Wash your hands, then wash the incision area gently with soap and water; afterwards gently pat incisions dry with a clean towel. Apply new absorbent pads. When the incision area has stopped draining, you no longer need to use pads - a band-aid will be sufficient. **DO NOT** soak in a bath, Jacuzzi, swimming pool, or the ocean for at least 7 days after surgery in order to minimize the risk of infection.

Medication

Take all prescribed medications as directed. Narcotic pain medications should be taken if you're having pain and also taken after eating a light meal. The week following your surgery, you can start taking Tylenol for pain. **Avoid Aspirin and Ibuprofen** for one week after surgery.

Ice

To limit swelling and bruising you may apply ice packs to all surgery sites 15-20 minutes on then 15-20 minutes off for the **first 2 days following your procedure.**

Bruising

Bruising is minimal with tumescent liposuction. Nevertheless, the more extensive the liposuction surgery, the more bruising one can expect. Some patients have more of a tendency to bruise than others.

Pain and Swelling

Pain and swelling due to an inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery. **Notify us immediately if there is a dramatic increase in pain or swelling.**

Itching

Itching of the treated areas several days after surgery may occur as part of the normal healing process. The Itching may be from the Garments touching your skin, to help relieve the itching Wear a cotton T-shirt first then apply the Garments over it.

Vitamins

Use of certain vitamins is recommended while certain vitamins should be avoided. [A list of vitamins, supplements and medication to be avoided is provided separately] Starting five days prior to your procedure, start taking **Vitamin C** 500 mg twice daily, **Vitamin K** 100 mcg twice daily, and the **Arnica Montana is dissolved under** the tongue (follow the directions). (All of these can be purchased from any health food store like GNC or Whole Foods). Please continue taking them for at least 5 days after your procedure.

Smoking

Smoking will delay your ability to heal. You should **not smoke for at least 3 weeks prior to your surgery** and 2 weeks after your surgery. It hinders your circulation and wound healing abilities.

Please Report any of the following to our office immediately:

- **Excessive pain or bleeding**
- **Rash**
- **Fever above 100 degrees by mouth**
- **Excessive swelling, bruising, fatigue or depression**

Please call us during business hours at 949-706-7776

Before or after business hours, please call Dr. Sadati at 949-200-3808