



Liposuction Pre-op and Post-Op Instructions

Pre-Op Instructions:

- * Stop all aspirin products, female hormones (including BCP's) and herbal medications 10 days prior to surgery. Vitamins in standard doses can be continued through the date of surgery.
- * Wash the surgical areas daily with the antibacterial soap (Hibiclens) starting 3 days prior to the surgery (however do not use on the face: body only)
- * Start Colace (the stool softener) the day prior to surgery.
- * Transderm Scopolamine (if available at your pharmacy) is to be applied behind the ear the night before surgery to help prevent nausea and vomiting. Wash hands immediately after handling. The patch may be removed after surgery when you are not having any nausea: it will make the mouth dry and can rarely make it difficult to read (blurry vision).
- * If prescribed, Emend 40 mg is to be taken the morning of surgery with a small sip of water.

This tablet is synergistic with the Transderm Scopolamine in reducing the risk of nausea after surgery. These two medications, Transderm Scopolamine and Emend are optional medications, not mandatory, but are written to help reduce the chance of nausea and vomiting after surgery. Despite the use of these two medications some patients will still have some nausea and additional medications such as Phenergan or Zofran can be prescribed.

Post-Op Instructions:

- * You **MUST** have someone available to drive you home after surgery.
- * It is important that you have another responsible person available to assist you for the first 2-3 days after surgery.
- * It is extremely important that you take short walks every 1-2 hours in your home up until bed-time to prevent clots in the legs. We want this to start **THE NIGHT OF SURGERY!**
- * With every walk, we will want you to take deep breaths to expand the lungs (hence our expression "WALK AND BREATHE EVERY HOUR" after surgery).
- * If you cannot urinate for 8 hours after getting home, you will need to go to the nearest Emergency Room to have a catheter placed. This is rare.
- * You will be provided with medication to help manage the post-operative pain. Most patients do require this medication for the first week. Take the medication as prescribed and only as needed. We would like you to taper this medication starting beginning a few days after surgery to perhaps one tab every 4-6 hours. This medication will cause constipation and the best treatment for the constipation from this medication is to get off the medication as soon as possible.
- * You can also use a non-steroidal anti-inflammatory medication such as advil (Ibuprofen) or alleve (Naaprosyn) to help with pain. Advil can be taken 400-600mg three times a day with food and the alleve can be taken 440 mg twice daily with food. **DO NOT TAKE ADDITIONAL TYLENOL BECAUSE THERE IS**

COMMONLY TYLENOL IN YOUR PAIN MEDICATION. Also the medications should not be taken if there is a history of intestinal ulcers or significant reflux disease.

- * Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. There is Tylenol in your pain medication that should control mild fevers. If the temperature is over 101, most of the time the cause is not walking or doing the incentive spirometry breathing treatments enough. Call us if your temperature stays higher than 101.5 for more than 8 hours and does not respond to walking, deep breathing and coughing.

Activities:

- * If possible, sleep with areas of liposuction elevated to help decrease swelling. Some patients choose to sleep in a recliner for the first several nights.
- * You may shower the day after surgery. Take all the dressings off but not the steri-strips (if present) right on the skin, wash all areas with soap and water and then pat dry upon exiting the shower. No bathtub full immersion for several weeks after the procedure. After patting dry the incisions, new gauze or pads can be applied and the netting or tape or compression garment may be used to keep the pads in place. Dressings can be discontinued after there is no drainage for several days (commonly 5-7 days after the procedure).
- * Some doctors may advise compression garments, others do not recommend them. If your doctor has recommended them, please use these as directed by your surgeon. If your surgeon does not recommend the compression garments please just use the dressings as instructed. If you or a family member have had a blood clot (Deep venous Thrombosis or "DVT") please inform your surgeon and it is best you do not use any compression garments on the abdomen or thighs for at least the first month after surgery.
- * In the first few days when drainage from the liposuction sites is heaviest, change the gauze pads frequently if they become soaked. If the compression garment becomes too soiled, a second garment may be used and the soiled garment should be hand washed and air dried. Alternatively, compression garments such as Spanx may be encouraged after the first month post op.
- * Remember to take brief walks every hour during the day, this will help to reduce swelling and decreases the chance of blood clots.
- * Do not drive within 6 hours of taking pain medication.
- * You may resume "normal activities," such as, shopping and light chores as tolerated, usually after the first 3-7 days. An office job can commonly be resumed 3-5 days after surgery.
- * Low impact cardio can be resumed after 72 hours.
- * Sexual activity can be resumed whenever comfortable. Due to the discomfort with the procedure, many patients do not resume sexual activity for 1-2 weeks after the procedure. This is entirely up to the individual patient. Sexual activity will not compromise the results of liposuction procedures.
- * It is common not to have a bowel movement for 2-5 days liposuction due to the surgery and slower motility of the GI system from the medication. It is important to drink plenty of water, take the Colace and taper the pain medication as soon as possible. Occasionally a stronger medication for constipation such as fleets enema or dulcolax suppositories may be necessary.

What to Expect:

- Commonly there is quite a bit of drainage of blood tinged fluid from the liposuction incisions. This is normal for 24 hours and sometimes for 72 hours. The fluid that is draining out is usually the fluid placed into the fatty tissue to make it easier to remove. It is best to have plastic protectors for the bed, couch or recliner where you plan to sleep.
- Liposuction scars are usually small (sometimes they can be incorporated into an additional procedure incision). The scars will be red and raised for 3-6 months. After that, they will fade and soften. They can take up to a full year for a scar to remodel and fade.
- Some surgeons leave the incisions open to allow drainage. Others suture them or apply steri-strips. Regardless, it is best to keep the incisions covered with gauze or pads for 3-7 days. Due to the drainage accompanying liposuction, ointment application is most often not necessary.
- Your first appointment after surgery will be around 7-10 days. If you do not have an appointment, call 972-470-5000 (Richardson), 972-470-1000 (Rockwall) or 903 893-6311(Sherman) to schedule.
- It is normal to experience pain, pulling or pinching sensation, burning and electric shock sensations for weeks and sometimes months after surgery.
- It is normal to areas of numbness and even some weakness for weeks to months after the procedure.
- Swelling and bruising (sometimes severe) is to be expected for several weeks. The swelling will take several months to resolve. It is not uncommon to have foot ankle and leg swelling or swelling on other parts of the body, even though they were not operated on.
- It is common to weigh more than before surgery in the first few weeks after surgery due to the swelling and extra fluid. This will improve over time.
- Your physician may encourage deep tissue massage once you can tolerate it in order to mobilize the fluid to help your body get rid of the swelling.
- **If you had an abdominoplasty (tummy tuck) in addition to the liposuction, please refer to the Abdominoplasty post op care instructions separately on our web site.**

What to call your physician for:

- * Most questions and concerns about pain, swelling and about final results are easiest to answer at the time of your routine follow up visits. The following are reasons to call prior to a scheduled appointment:
- * Persistent fever over 101 Fahrenheit for 8 hours that does not respond to walking, deep breathing or coughing.
- * Chest pain or significant shortness of breath
- * Increasing redness along the incision that is more than ½ an inch (a small rim of redness around the incision is normal), especially if the redness is expanding or extending over time.
- * Drainage from the incision that is purulent (pus). Also, if the skin next to the incision is turning very dark or black.
- * If you are unable to urinate 8 hours after getting home from the procedure (this will require a trip to the emergency room, unfortunately, but is rare).
- * If there is an emergency, call 911.