

# LIPOSUCTION (Aspiration Lipectomy)

## Post-Operative Instructions

- You will be discharged from the hospital wearing a pressure garment over the treated area. You will be swollen and bruised. Most patients will wear the pressure garment for 6-8 weeks.
- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
  
- **DO NOT PIERCE ANY BODY PART POST-OPERATIVELY- AS IT CAN CAUSE SEVERE INFECTIONS THAT CAUSE SCARRING AND IMPAIR HEALING.**
- **DO NOT SMOKE, AS SMOKING DELAYS HEALING AND INCREASES THE RISK OF COMPLICATIONS.**
- **DO NOT TAKE ANY MEDICINES ON THE PROHIBITED MEDICINES LIST.**
- **GAINING WEIGHT WILL RESULT IN IRREGULAR CONTOURS – DON'T LET IT HAPPEN!!!**
  
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
  
- First night: stay lying down, with legs as high as hips, except for bathroom trips. Do not sit in a chair. Bloody drainage is normal; put absorbent pads or towels on outside. Do not remove compression garment, binder or girdle. You may use cool hairdryer to keep the girdle and binder dry. If any drains were used, empty and record them as directed. Do not eat solid food; only take sips of clear liquids and water.
  
- First day after: Do not sit in a chair. Stay lying down or walking, with legs as high as hips, except for bathroom trips. Do not attempt to drive or operate machinery. Do not get dressings or garments wet, and do not apply heat to area. Bloody drainage is normal; put absorbent pads or towels on outside. Do not remove compression garment, binder or girdle. May use cool hairdryer to keep the girdle or binder dry. You may now resume eating solid foods. Start taking a mild stool softener, like Colace®, to avoid constipation.
- If any drains were used, empty and record them as directed.
- Take prescription pain pills as directed, if needed.
  
- From second day after, until office visit: You may take a shower. Replace the compression garment after your shower. You may resume walking or using a treadmill. Limit chair sitting to 10 minutes at a time.
- Do not attempt to drive or operate machinery.
- Reduce use of prescription pain medication; substitute the prescription pain medication with Extra-Strength Tylenol.
- At this stage, the swelling may be about equal to the removed fat.
- You may drive, if more than 6 hours since prescription pain medication.
  
- From office visit through third week:
- You may gradually increase non-impact activities.
- Sexual activity can be resumed.
- Do not use heating pads or hot water bottles on the area.
- Air travel is permitted, but walk around on plane every hour or two.
- If you are taking vitamins with iron, resume these as tolerated.
  
- From 21 days onward:
- Gradually increase activities, impact exercises now OK.
- May peel off clear plastic sheets either slowly or quickly.
- Hot tubs, Jacuzzi's, and tanning beds are OK, but don't get a burn.

## Activities

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Discuss your time off from work with Dr. Feins; this varies according to surgery.
- Activities involving the affected sites should be minimized for approximately 2 weeks.
- Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.

## **Incision Care**

- You may shower 48 hours after removal of the drainage tubes.
- Keep steri-strips on; replace if they come off.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- Wear pressure garment 24 hours per day.
- After showering, reapply pressure garment and gauze to cover areas of incisions.
- Do not get dressing or garments wet, and do not apply heat to area.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

## **What To Expect**

- The small incision sites will be covered with gauze to protect these areas.
- You may feel stiff and sore for a few days.
- Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 6 months or more.
- Expect temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, pain and discomfort. Some numbness and swelling is present for several months.
- May have fluid drainage from incision sites for 1-2 days.
- A drainage tube may be inserted beneath the skin to prevent fluid build-up.
- It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but, generally, after about a week, you should begin to feel better.

## **Appearance**

- Bruising may be apparent beyond the areas of liposuction, partially due to gravity.
- You will have small incision sites at the point of introduction of the instrument used to remove the fat tissue.
- A healthy diet and regular exercise helps to maintain your new figure.

## **Follow-Up Care**

- Any sutures are removed 7-10 days after surgery.
- 1<sup>st</sup> post operative appointment = 1 week following surgery. Take at least an Extra-Strength Tylenol before your post-op visit.
- 2<sup>nd</sup> post operative appointment = within 2 to 3 weeks following surgery.
- 3<sup>rd</sup> post operative appointment = 3 months following surgery.
- 4<sup>th</sup> post operative appointment = 1 year from surgery.

## **When To Call**

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

**DR. FEINS CAN BE REACHED ANY TIME BY CALLING  
HIS OFFICE AT 603.647.4430.**