

# WEST COAST PLASTIC SURGERY CENTER

## LIPOSUCTION POST-OP INSTRUCTIONS

### **ACTIVITY**

1. You will need to rest frequently the first week. You may walk around the house as tolerated.
2. Every 2-3 hours take deep breaths to expand your lungs.
3. Avoid picking anything up greater than 1-2 lbs the first week. The doctor will advise you when you can start lifting anything heavier.
4. Do not exercise until the doctor says you may do so.
5. You may not drive the first week or while you are taking pain medication.
6. No smoking or being around smoke at least the first 2 weeks after your surgery.

### **DIET**

1. Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides
3. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.

### **DRESSINGS**

1. You will have a garment that should not be removed for the first week.
2. You may have a lot of drainage from the incisions for 24-48 hours. You may lightly tape gauze over the incisions. You may also want to sit on an absorbent pad to protect the furniture.
3. You may not shower the first week - sponge bathe only.
4. After the first week, you can take the garment off to shower, but it should be worn as much as possible for the next 4-6 weeks.
5. The garment can be washed but should be air dried.
6. You can expect to have a lot of swelling, sometimes it will look like you didn't have the procedure done.
7. At about 10-14 days you may start to urinate more frequently and see a dramatic decrease in the swelling.
8. It could take 6-9 months to see your final result.

### **MEDICATIONS**

1. Take your antibiotic until it is completed as prescribed.
2. If the pain medication is a narcotic it should be taken as prescribed. Do not take any Tylenol while on pain medication. The medication we prescribe may already have Tylenol in it.
3. Do not drink alcohol or drive a car while taking pain medication.
4. The pain medication may cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for Vitamin E and Ibuprofen (wait at least 5 days post-op).
6. If you take aspirin or coumadin check with the doctor to see when you may resume them.

### **CALL THE OFFICE AT (805) 728-1749 IF YOU HAVE:**

1. A temperature greater than 101 degrees
2. Excessive drainage lasting more than 48 hours.
3. If you have persistent vomiting, have a pharmacy number so that a script can be called in.
4. Any questions you may have regarding your care.

**IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE  
CLOSEST HOSPITAL.**

*I certify that I have received these patient instructions.*

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Patient signature/Date