



POST OPERATIVE INSTRUCTIONS - LIPOSUCTION

Patient Name: _____ **Date of Post-Op:** _____

Medications:

Be sure to take all antibiotics as directed and until you finish your prescription. Take your pain medicine as needed for discomfort. Do not take any pain medicine on an empty stomach and avoid the use of Tylenol while taking your narcotics. Do not take any other anti-inflammatory medications (Aspirin, Advil, Ibuprofen) unless otherwise directed by your doctor. Avoid Vitamin E, Herbal meds or teas, Fish Oil & Alcohol. An over-the-counter stool softener (Colace or Miralax) is recommended if you are taking prescription narcotic pain medication since they may cause constipation.

Dressing – Shower – Bath:

You may shower 2 days after surgery. Use the Hibiclens's soap to wash your incision(s) until the bottle is empty. Reapply a clean gauze dressing after showering. No hot tubs, swimming or tub baths until wounds have completely healed.

Diet:

You will start with a clear liquid diet and then progress to your regular diet if you experience no nausea.

Activity – Exercising:

Slow walking is allowed anytime. Brisk walking may be resumed in 3 weeks after surgery. No strenuous exercise (aerobics, jogging) is allowed 4 to 6 weeks after surgery. No heavy lifting (greater than 5 lbs) is permitted for 4 weeks after surgery. Do NOT drive a car for 7-10 days or until off narcotic pain medication. **NO TRAVEL FOR 2 WEEKS POSTOPERATIVELY!!! Make plans accordingly.**

Support Garment:

You will need to wear a supportive garment for 3-4 weeks following surgery. The first week after surgery it should be worn day and night. After the first week, wear the garment during the day only. After the first week you may also wear spandex biker shorts or pants, but make sure that the elastic band is not too tight and does not stay in the same spot of the abdomen.

Bruising and Swelling:

Bruising, swelling and numbness are all normal and to expected after surgery. The swelling will increase over the first 4-5 days and then will slowly start going down. It may take 4-6 months before all the swelling is completely gone. You may experience some itching of the surgical area(s). This is part of the healing process. Numbness to areas of the abdomen may occur and persist for up to 4-6 months. You may experience permanent loss of sensation in some areas. However, watch for symptoms of **Cellulitis** (warm, red, unusual swelling, tender skin to the touch). Call the office immediately if you do.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE
DURING REGULAR BUSINESS HOURS, M-F 9-4:30 PM • (502) 589-5544**

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