

INSTRUCTIONS FOR PRE & POST OPERATIVE SURGERY - LIPOSUCTION

See the supplements recommended for use in the pre & postoperative period and medications to avoid list given to you at your initial consultation.

You need to schedule a preoperative consultation with our skin care department for instructions on the pre & post surgical care of your skin.

No smoking, no Nicorette Gum or Patches, this delays wound healing.

Drink plenty of fluids and eat small portions every few hours until your body and digestive system are back to normal. Pain medications may cause constipation. Use Colace, which can be purchased "over the counter", take as directed. Relax for the first two days. Do not over do it, use common sense. Ice will reduce swelling in the first 24-48 hours. Do not let the ice directly touch your skin. Deep breathing will help with tension and circulation (oxygenated blood restores and helps eliminate after effects of anesthesia and impurities). Take a deep breathe in through your nose, fill your lungs, and slowly release through your mouth. This should be repeated 10 times each hour or anytime you feel lightheaded or nauseated. If nausea is persistent a prescription can be phoned in to your pharmacy. Generally there should be no exercise for three to six weeks following surgery. No alcohol for two weeks. No sex, driving, or flying for one week. Swimming is permitted in one week. Protect your skin from sun exposure, especially the incisions. Consult our skin care department for proper products.

Wear the support garment continually for 3 days following surgery, then wear the garment three weeks post-surgical, or as directed by your physician. You may remove to shower the night before your first scheduled post-operative visit. If your ankles have been operated on you will wear support hose intermittently for three to six months.

Remove any dressings before you shower. Leave steri-strips in place. They will come off in a few weeks with normal showering. You may leave the small incisions uncovered. If you prefer to keep them covered, apply fresh dressings (no band-aids) after you shower. Do not wear wet dressings. You may just have gauze fluff or cotton if so remove before you shower.

Swelling and bruising are a normal part of the recovery process and will begin to subside one or two weeks after surgery. It is expected that your clothes will be tight for the first few weeks. At the ankles, intermittent swelling may persist for several months.

Call the office for a follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions: (586) 779-3030 After hours (313) 396-0787.