

Pain Medications:	Fill prescription for	Percocet Tramadol Demerol	Oxycodone Lortab Motrin /Aleve	Dilaudid Tylenol #3 Tylenol OTC
Antibiotics	Fill prescription for	Keflex Cipro	Duricef Diflucan	Levaquin Valtrex
Nausea	Fill prescription for	Zofran	Emend	Phenergan suppository
Sleep/Anxiety/Tension	Fill prescription for	Valium	Ambien	Xanax
Stool Softener	Over-the-Counter NON-PRESCRIPTION	Colace Pericolace	100 mg twice a day 50 mg twice a day	
Swelling/Bruising	Over-the-Counter (GNC)	Arnica	Waterex	

**Emergency Contact Office Phone**      **888-903-2362** (connects to doctor's cell phone after hours)

May shower in	2	days
Remove dressings in	2	days
Call the office for an appointment in	7-10	days
No strenuous activity or heavy lifting or straining	2	weeks
Resume normal diet	1-2	days

**Diet:** Start with clear liquids and toast or crackers. If those are well tolerated, progress to your regular diet. During this postoperative time it is important to remain well hydrated. Make sure you drink plenty of fluids and stay well hydrated. Signs and symptoms of becoming dehydrated due to poor intake are feeling dizzy, having a dry mouth, and producing small amounts of concentrated malodorous urine. A LOW-SALT diet when help minimize fluid retention and swelling.

**Driving:** No driving for 24 hours after your procedure or while taking pain medicine.

**Pain Relief:** Pain varies significantly with liposuction depending on the amount and body areas that were treated. Some people may have essentially no pain, and others may have a lot of discomfort. Use your prescribed pain medication as needed. Most people will not need narcotic pain relief a week or two after surgery. If your pain pills are too strong for you, they can be cut in half. It is easier to put out a brush fire than a forest fire—so stay ahead of the pain and don't try to be too stoic.

**IcePacks:** Use a cold compress (such as frozen peas) at your surgical site for 5-10 minutes each up to 4 times a day to help with discomfort for the first 48 hours.



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**Activity:** Quiet rest is recommended for the first few hours immediately after surgery. Do not drive or operate hazardous machinery for 24 hours after surgery. Do not make any important personal decisions for 24 hours after surgery. Later in the day or evening of surgery you may take a short walk if desired. The day after liposuction surgery you should feel well enough to drive your car and engage in light to moderate physical activities.

The time to resumption of your normal activity varies. It is best to begin your daily routine as soon as possible. Your body will tell you when you are ready for vigorous exercise. You may carefully resume exercise and vigorous physical activity 2 to 4 days after surgery. It is suggested that you begin with 25% of your normal workout and then increase your daily activity as tolerated. You may walk and climb stairs immediately after surgery. After 2 weeks you may resume moderate activity such as brisk walking. After 4 weeks you may resume more strenuous aerobic work and lifting activities as tolerated.

**Work:** Depending on your career and your rate of healing you should be able to return to work within 2-3 days of surgery. Your surgeon will be able to give you a better estimate depending on your physical and professional profile. Most people can return to a desk job within one to two days after surgery, although one must expect to be sore and easily fatigued for several days.

**Wound Care:** Keep your dressings clean, dry, and intact for the first 48 hours. If you have a compression garment or abdominal binder, leave it intact for 48 hrs. Then you may shower, and immediately return in to a compression garment. When an incision has ceased draining for more than 24 hours, it no longer needs to be covered by pads.

**Compression garments:** These are placed at the end of the operation to minimize discomfort and swelling, and to help contour the skin. A Velcro abdominal binder is placed for torso procedures and long "biking" pants for leg procedures. They should be worn snugly and continuously for at least two weeks. At 2 weeks you can move to an "over-the-counter" binder (available from sports stores) or a fashion lycra/spandex garment such as "Spanx."

**Drainage:** For the first 48 hrs after surgery, you will experience a lot of watery blood-colored discharge – this is a combination of swelling fluid and residual fluid used for the liposuction washing out of the body. It is normal to experience this for 2-3 days. Apply absorbent pads to your clothing and bed-sheets to prevent soilage. Thin watery bloody fluid is normal, but thick blood is not. If you have thick blood drainage, contact your surgeon.

One should expect a large volume of blood-tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours following tumescent liposuction. In general, the more drainage there is, the less bruising and swelling there will be. For the first 24 to 48 hours, bulky super-absorbent pads are worn overlying the treated areas, and under the compression garments. After most of the drainage has stopped, patients need only place absorbent pads over the incision sites that continue to drain.

During the first 36 hours, when sitting or lying down, you should place absorbent terrycloth towels beneath you in order to protect your furniture from any unexpected leak of blood-tinged drainage. When there is a large amount of drainage, it is advisable to place a plastic sheet (or a shower curtain) beneath the towel.



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**Dizziness and Fainting:** Patients may experience a brief sensation of dizziness the morning after surgery, when the garments are first removed in order to take a shower. Feeling lightheaded is similar to what you might experience when standing-up too quickly. It is the result of rapid decompression of the legs after the post-op garments are removed. Should dizziness occur, simply sit or lie down and elevate your legs until it passes. It is advisable to leave the bathroom door unlocked in case you need assistance.

Some people have a tendency to faint upon the sight of blood. Such persons should anticipate such a problem when removing blood-tinged absorbent pads when changing dressing after liposuction.

**Swelling:** Pain and swelling due to an inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery. Notify your surgeon if there is a dramatic increase in pain or swelling. Moderate swelling and bruising should be expected during the first 2 to 3 weeks after surgery. Mild swelling will continue for 2 to 3 months. Women may notice additional swelling and discomfort during menstruation. Swollen areas tend to stay numb, sometimes up to 6-9 months, and may feel “fat.” A low-salt diet can help decrease the risk for swelling.

**Bathing:** You may shower in 48 hrs and return in to your compression garment. Do not submerge the access ports in a bath tub, hot tub, or swimming pool for 4 weeks. Some people will get dizzy or light-headed during the first shower – it is advisable to have someone nearby during this.

**Medications:** Ask your surgeon when you should resume your blood thinning medications. For 14 days after surgery do not take aspirin or ibuprofen or similar NSAIDS (non-steroidal anti-inflammatory drugs) such as Bufferin, Anacin, Advil or Nuprin. NSAIDS can promote bleeding by impairing platelet function.

Take antibiotics as directed until the prescription is finished. Take antibiotics with food. Call our office if you notice signs of infection such as fever, foul smelling drainage, or focal redness, swelling, or pain in a treated area.

All other prescription medications may be resumed immediately as usual. While you are taking pain medicine, you are encouraged to follow a high fiber diet and take a stool softener such as Colace (available over the counter), as pain medications tend to cause constipation. Take the full course of antibiotics as prescribed by your surgeon.

#### **Do NOT's**

Do NOT apply hydrogen peroxide or plastic Band-Aids to incision sites. Liposuction incision sites heal faster and better without topical antibiotics.

Do NOT soak in a bath, Jacuzzi, swimming pool, or the ocean for at least 4 weeks after surgery in order to minimize the risk of infection.

**Nausea:** Nausea and vomiting are among the side effects that may be associated with liposuction. Nausea can be caused by antibiotics, sedatives, pain killers, or local anesthesia—much like a hangover.”

**Menstrual Irregularities for Women:** Menstrual irregularities may occur for a month or so after liposuction. Premature or delayed onset of monthly menstruation is a possible side effect of any significant surgery.



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**Bruising:** Bruising is minimal with laser liposuction. Nevertheless, the more extensive the liposuction surgery, the more bruising one can expect. Some patients have more of a tendency to bruise than others. It is also common for the bruising to settle into areas remote from the surgical site (such as into the groin area).

**Itching and Numbness:** Itching of the treated areas several days after surgery may occur as part of the normal healing process. To help relieve the itching, you may try taking Benadryl as directed on the packaging. Be aware that Benadryl causes drowsiness. You may also try using oatmeal soap.

Numbness, itching, or a mild crawling feeling are normal in the liposuctioned areas. This typically resolves in several weeks but can last even a few months until sensation returns to normal.

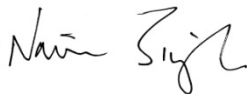
**Smoking and Alcohol:** Do not smoke for the first month after surgery as it impedes wound healing and can lead to serious wound complications. Alcohol consumption is dangerous while taking pain medicine. It has a tendency to worsen bleeding.

**Postoperative Appointment:** Your surgeon will schedule follow-up visits at appropriate intervals. It is important to come to all of your postoperative appointments, so your progress can be monitored closely.

**Special Considerations:** Call your surgeon immediately if you experience any of the following: excessive pain, bleeding, redness at the incision site, or fever over 101 degrees Fahrenheit.

**Scar Healing:** At 2 weeks, you can start to massage the liposuction sites to allow the swelling and inflammation to subside. You may also start on Ibuprofen 400 mg by mouth three times a day if you do not have medical contraindications to it (such as kidney problems, liver problems, gastric bleeding, or allergy to ibuprofen). This anti-inflammatory effect of ibuprofen can accelerate the healing, and should be continued from week 2 to week 6.

**Final Results:** Liposuction causes a lot of swelling. It may even seem like nothing was done since the removed fat has been replaced with this swelling. It takes three to four months for the final contour to occur. It is also common for the swelling to be cyclical - less in the morning and more in the evening as you've been up and about. Be patient! This may seem like a long time, but the ability to wear more stylish clothes and perform a wider range of activities is very rewarding and worth the wait.



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EXPLANATION OF MEDICATIONS

<i>Pain-Killer</i> (1-2 tablets taken every 4-6 hrs as needed)			
<b>Name</b>		<b>Generic</b>	<b>Purpose</b>
Percocet	5/325 mg	oxycodone + Tylenol	pain relief
Oxycodone	5 or 10 mg	oxycodone	pain relief
Lortab	5/500 or 7/5.500 or 10/500 mg	hydrocodone + Tylenol	pain relief
Tylenol #3		codeine + Tylenol	pain relief
Dilaudid	2 mg	hydromorphone	pain relief
Ultram	50 mg	tramadol	pain relief
Demerol	50 mg	mepredine	pain relief
Motrin	400 mg	ibuprofen	non-narcotic NSAID
Aleve	220 mg	naproxen	non-narcotic NSAID
Tylenol	650 mg	acetaminophen	non-narcotic NSAID
<i>Antibiotics</i> (for 3-10 days after surgery)			
<b>Name</b>		<b>Generic</b>	<b>Purpose</b>
Keflex	500 mg four times a day	cephalexin	prevent bacterial infection
Keflex	750 mg twice a day	cephalexin	prevent bacterial infection
Duricef	500 mg twice a day	cefadroxil	prevent bacterial infection
Cipro	500 mg twice a day	ciprofloxacin	prevent bacterial infection
Levaquin	500mg once a day	levofloxacin	prevent bacterial infection
Cleocin	300 mg four times a day	clindamycin	prevent bacterial infection
Valtrex	500 mg twice a day	valacyclovir	prevent shingles/cold-sore
Diflucan	150 mg one time dose	fluconazole	treat yeast infection
<i>Anti-Nausea</i>			
<b>Name</b>		<b>Generic</b>	<b>Purpose</b>
Phenergan	25 mg suppository	promethazine	treat nausea/vomitting
Zofran	16 mg oral disintegrating tab	ondansetron	treat nausea/vomitting
Emend	40 mg tablet before surgery	aprepitant	treat nausea/vomitting
<i>Sedative</i>			
<b>Name</b>		<b>Generic</b>	<b>Purpose</b>
Xanax	0.25 mg tablets	alprazolam	reduce anxiety
Ambien	5 mg at	zolpidem	sleep-aid for insomnia
Valium	5 mg tablets	diazepam	muscle tension/anxiety



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