

TONIGHT AFTER SURGERY

- 1) Ice the areas for 5- 10 minutes every 3-4 hours (on top on compression garments) for 2 days.
- 2) Please leave all compression garments on. NEVER take compression garment or loosen garments while standing. You can only take it off while in bed.
- 3) If s/he has a drain, empty it every 4 hours or as needed. (Refer to post op instructions to help you with how to manage the drain properly).
- 4) Pain killers (Oxycodone, Hydromorphone, Lortab, Dilaudid, Percocet, etc.): Take 1-2 every 4-6 hours as needed for pain. Tip: Stay ahead of the pain!
- 5) If the patient had laser liposuction, expect the incisions to be leaking/draining “kool- aid” like fluid (NORMAL) for the next 2-3 days. Some patients use old shower curtains to protect the mattress and old towels to help absorb the fluid.
- 6) Sleeping arrangement: Pillows! Use them to help you sleep in a “Lazy Boy position.”
Tip: Place a small pillow under the arch of the back, one pillow under the knees, two behind the head.
- 7) Mobility: SAFETY IS VERY IMPORTANT TONIGHT. If she/he needs to stand up. Someone must be there to help. The patient can get light headed and fall when walking around and while going to the bathroom.
Safety Tip: Sit up for 3 minute. Stand up for 3 minute. Walk slowly for 3 minute WITH ASSITANCE.
- 8) Food: When the patient feels like eating, s/he can start off with broth and crackers. Then ease into a regular diet. (low salt please)
- 9) Please call the office to set up a follow up appointment. Usually 7-10 days after surgery.

*IN CASE OF EMERGENCY PLEASE CALL 9-1-1 BEFORE CONTACTING ANYONE *



AMERICAN SOCIETY OF PLASTIC SURGEONS COMMITTED TO EXCELLENCE



5454 Wisconsin Ave, Suite 1710, Chevy Chase, MD 20815 Tel: 301-244-0277
8200 Greensboro Drive, Suite 120, McLean, VA 22102 Tel: 703-345-4377

www.WashingtonianPlasticSurgery.com
Voice 888-903-2362 Fax 888-406-4432