TOTONCHI
PLASTIC SURGERY

Care after Liposuction

This page contains answers to frequently asked questions regarding your care after a liposuction. This information will help you remember the instructions given to you after surgery.

Appearance:

- You will have a surgical compression garment and foam dressings in place. You are to leave all dressings in place until the first post op follow up appointment.
- Bring your surgical compression garment to your first post-op appointment.
- Expect considerable drainage from the areas that underwent liposuction. It may look bloody the first couple days and will drain with changes in position.
- The drainage decreases significantly after the first couple of days post op. We recommend taking precautions to protect your bedding for the first couple of days.

Activity/Bathing/Sleeping:

- We encourage you to walk as early as the day of surgery. Wiggle your toes to keep blood circulating to your legs when you are sitting or lying in bed.
- Walking short distances is encouraged and mild physical activity can be resumed as soon as you are able. We recommend you refrain from heavy exercise until we discuss this at your post op follow up visit.
- You may drive when you are no longer taking narcotic pain medication and feel comfortable.
- We ask that no showers are taken until the first follow up appointment when the dressings are removed. Sponge bathing is fine as long as dressings are not submerged or saturated.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for 5-7 days after your surgery or while taking narcotic pain medication
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

Medication:

We are always available if you have any questions, please call 440-461-7999.

- We will prescribe a pain medication for you to take after your surgery. Follow the directions on the bottle for their use. The pain medication may make you feel drowsy
- A stool softener (Colace) is recommended after surgery.
- The most discomfort that you will have lasts 5-7 days, sometimes longer.
- A few days after surgery most patients will find that Tylenol will take care of the discomfort. Your prescribed pain medication contains Tylenol, please do not take additional Tylenol with the prescribed pain medication.
- Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for seven days after the surgery.

Post-Operative Appointments:

- **You will normally be seen within 5-7 days after surgery,** then a few additional appointments for up to one year to monitor wound healing and surgical results.
- Additional post-op appointments will be scheduled as needed.

Post-Operative Concerns: Urgent problems after liposuction are very rare. Please review the following complications that may require a change in your post-operative care:

- **Nausea**
- **Bleeding**
- **Fever**
- **Breathing problems** after liposuction are rare but can be a serious complication. If you develop any chest pain or shortness of breath; you must contact the office or be seen in the nearest emergency facility without delay.
- **Medication reactions** may occur with any drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and call the office.

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