

Post-Surgery Liposuction Instructions

Patient name: _____ Date: _____ Surgery Date: _____

Thank you for choosing Dr. Papanicolaou to perform your surgery. Please feel free to call us at 407. 478.3151 or email us at somaplasticsurgery1@gmail.com any time if instructions are not clear or issues are not addressed by this instruction sheet. Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome. The following instructions are your obligation.

WHAT TO EXPECT:

- Tightness, stiffness, bruising, swelling and redness in treated area(s).
- Tingling, burning and/or intermittent shooting pain: These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. Consistent sharp pain should be reported to the office immediately.
- Skin firmness, hypersensitivity or lack of sensitivity.
- Shiny skin or any itchy feeling: Swelling can cause the skin in treated areas to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling. An antihistamine such as Benadryl can help alleviate severe constant itchiness.
- Asymmetry, both sides of your body heal differently: One side of your body may look or feel quite different from the other in the days following surgery. This is normal.

WHEN TO CALL: CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING.

- A high fever, (over 101) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled with your pain medications.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions. Bright red bleeding.
- A severely misshapen region anywhere that has been treated with liposuction, or bruising that is localized to one specific point of the lower body.

WHAT TO DO: DAY OF SURGERY.

Whether you are released after surgery or after an overnight stay in recovery center or hospital, you will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock the first 24 hours following surgery.

- **To alleviate any discomfort and reduce swelling, you may apply cool, not cold compresses to the treated region.** Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses for no longer than 20-minute intervals.
- **Rest, but not bed rest:** While rest is important in the early stages of healing, equally important is that you are ambulatory, meaning that you are walking under your own strength. Spend 10-minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down:** This will be more comfortable for you and can reduce swelling. Always keep your head elevated. Do not bend forward or over.
- **Good nutrition:** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours. Also it is recommended to drink OTC protein which includes protein powders or already mixed protein drinks such as Boost and Ensure. This will help your body with the healing process.
- **Take all medication, exactly as prescribed:** If you have a pain pump, follow the instructions specifically for your pain pump. Oral pain medication, antibiotics and other medications you will be prescribed include:

Antibiotic: _____ mg _____ x per day

Pain medication: _____ mg _____ x per day

Muscle Relaxant: _____ mg _____ x per day

Supplements: _____ mg _____ x per day

Other: _____ mg _____ x per day

- **Change your incision dressings:** Your incisions will seep fluid and some blood for a short time after surgery. Keep dressings clean and dry. Apply anti-bacterial ointment over the incision(s). If you have a drain placed in your incisions, carefully follow the instructions for drain care and record drained fluid on the drain care instructions and log.
- **Wear your compression or elastic wraps around the clock:** Follow the instruction specifically removing any compression wraps only to cleanse your incision or to empty any drains. Make sure pads that are covering your incision are straight and smooth under your garment.
- **Do not smoke:** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax:** Do not engage in any stressful activities. Do not lift, push, or pull anything. Take care of no one and let others tend to you.
- **You may shower in 2 days:** Make sure to position clean pads over the incision sites in side your garment.
- **PLEASE PRACTICE SOCIAL DISTANCING, ESPECIALLY 2 WEEKS PRIOR TO SURGERY. THIS IS TO REDUCE YOUR EXPOSURE AND POSSIBLE COMPLICATIONS ASSOCIATED WITH COVID-19.**