



POST OPERATIVE LIPOSUCTION INSTRUCTIONS

Begin taking Arnica Montana from your VitaMedica recovery pack the night of surgery. Continue taking other pre-operative VitaMedica supplements as directed. Full instructions will be listed on the package.

1. While resting, keep your head and shoulders elevated on at least two pillows. Do not sleep on your sides or stomach.

2. A light diet is best the day of your surgery. Begin taking liquids slowly if they are tolerated. You can start a regular diet the next day.

3. If you have pain or discomfort due to your surgery, take the medicine your surgeon has prescribed for pain as directed. **It is necessary to take the medication with food to avoid stomach upset.** If you are not having pain, do not take the pain medication. Do not take aspirin or aspirin products, and do not drink alcohol when you are taking pain medications.

4. You will have a girdle or compression garment on when you wake up from surgery. The girdle/garment must be worn 24 hours a day for the first three weeks and 12 hours a day for the second three weeks. You may take it off to shower, but must reapply it immediately after you dry off. Do not take a shower for at least three days following the surgery. Remain seated and remove girdle/garment slowly, as removing too quickly can cause dizziness. Do not stand until dizziness has passed.

5. After your shower the incision lines should be cleaned with half strength hydrogen peroxide diluted with tap water. Apply a thin coat of Bacitracin Ointment to the incisions and cover with a gauze pad **(IF INCISIONS ARE NOT COVERED)**.

6. You may have a layer of foam padding underneath your garment. This aids in decreasing swelling, proper shaping of the area, and assisting the skin to conform to the body. Do not remove until instructed.

7. It is normal to have clear to red drainage for the first few days after surgery. Use plastic and/or towels to protect furniture and bedding.

8. Remember, DO NOT SMOKE and avoid places where people smoke. This is critical for your healing process.

9. Bruising and swelling are normal and will dissipate with time, but can last two to three months. If you experience pain, a fever above 101F, rapid swelling, red/itchy rash, injury to your incision sites, or other problems relating to your surgery, please call the office immediately.

10. Pain medications and anesthesia may cause constipation. Please drink at least 8-10 glasses of water per day and inform us if you have not had a bowel movement in 2 days after surgery.

11. Strenuous activities should be avoided the first week to 10 days after surgery. You may gradually resume normal daily activities, being careful to avoid any activities that cause pain or discomfort.

12. You may begin driving when you are no longer taking medications that cause drowsiness.

13. The body retains fluid in response to surgery so do not expect to see immediate weight loss. Over the next several weeks you will see a difference in the way your clothes fit more than a decrease in your weight.

14. Avoid direct exposure of the sun to incisions for at least 12 months after surgery as they will be extremely sensitive to sunlight during the healing phase. Use a sunblock with UVA and UVB protection if incisions are exposed to sunlight or tanning beds.

15. Avoid swimming pools, hot tubs, and saunas for at least 4 weeks after your surgery. Do not swim in rivers, lakes, or streams for at least six weeks after your surgery.

16. Please take all medications as directed. If you experience nausea, vomiting, shortness of breath, diarrhea or a rash after taking your medications, please call the office.

17. Sutures are absorbable sutures, which do not require removal.

If at any time you have any questions, problems, or concerns please feel free to contact the office at (512) 600-2888.