

# Elite Plastic Surgery

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## In Office Liposuction *Post Operative Instructions*

### IMPORTANT

- You will be discharged from the hospital / surgical center the same day of surgery. You must have a responsible adult available to drive you home following the surgery and must have a responsible adult to stay with you for the first 48-72 hours following surgery.
  - The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. Therefore, you should not: stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
- If you have children, you must arrange for childcare. You will usually not be permitted to pick up children for the first 4 weeks after surgery.
- If you have pets, especially cats and dogs that shed, make sure that you are not exposed to animal dander for the first two weeks after surgery as this may lead to an increased incidence of wound infection.
- To lower the risk of bleeding, swelling, and separation of your incisions it is essential to wear your compression 24/7 for 4 weeks (except while showering) and to restrict your activity. Please do not plan to increase your heart rate or blood pressure by exercising for the first two weeks after surgery. We will discuss increasing your activity at your 1-week follow-up.
- Bruising and swelling is normal with most procedures. However, if it is progressively getting worse and the skin becomes red, dark and/or warm to the touch OR if you are experiencing pain that is uncontrollable please contact the office ASAP.
- **Drainage from liposuction incision is normal, this will decrease over a 24-hour period. Make sure you are staying hydrated. If the output increases or does not slow down please contact the office.**
- Every few hours take a deep breath to expand your lungs. When coughing, hold a pillow against your abdomen.
- You may resume your pre-operative diet. Start with clear liquids, then advance to full liquids and regular food as tolerated.

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- You may resume your preoperative medications at the discretion of your surgeon.
- Bathing: You may shower on post-operative day two. No bathing or submerging in water (ie: pool, whirlpool, hot tub, etc.) for 4-6 weeks. It is advisable to pat dry the incision area gently prior to applying new soft padding to the area.
- Be sure to get plenty of rest to allow your body to recuperate faster
- There are two big risks of every surgery, blood clots and pneumonia. Please plan to walk each day, even if only for a few steps around the house at least every 2 hours while awake. Also please make a conscious effort to take deep breaths to open up your lung bases.
- Do not drive while taking narcotic pain medication.
- The office will contact you the day after surgery to check-up on you, answer questions and book follow-up. (Friday/Weekend surgeries - patients will be called on Monday.)

## ACTIVITIES

- Keep your garment/ compression on. You may remove it to shower 48 hours after surgery. Besides bathing, do not remove the abdominal garment and/or compression garment. Do not use compression on the breast.
- Do not lift anything over 1-2 pounds after surgery.
- Do not engage in any strenuous activity after surgery such as pushing, pulling, or sexual activity for the first 2 weeks. This may raise your blood pressure and increase the chance of bleeding, bruising and incision line separation.

## Medications Prescribed (not all medication may apply)

*Please take all your medications as prescribed.*

### **Scheduled Medications: Please take these medications as scheduled**

**Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow the prescription ordered)** is an antibiotic you must take for a total of 5 days. (Note that antibiotics may impair birth control pills.)

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**(\*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery)** is used for the prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

**Tylenol (Acetaminophen)** (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours)

**As needed: These medications are scheduled “as needed” per your pain level. We provide you with many types of medications that focus on the “type” of pain you are experiencing. If you plan to take more than one of these medications, please plan to take them at least 2 hours apart as they can make you sleepy.**

**Toradol (ketorolac):** 10 mg every 6 hrs = 15 tabs

**Type of Pain relief: Anti-inflammatory: Swelling/Pain:** (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatories while taking this medication.

**Gabapentin (Neurontin):** 100 mg; every 8 hours = 48 tabs (16 days)

**Type of Pain relief: Nerve Pain: Itching/Burning/Tingling/Numbing/Sharp:** (started day of surgery as needed, please follow the prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.

**\*this medication can make you sleepy, please do not plan to drive on this medication**

**Cyclobenzaprine (Flexeril):** 5 mg; every 8 hrs = 10 tabs

**Type of Pain relief: Muscle Relaxer: Muscle spasms/Muscle cramping:** (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

**\*please do not drive while on this medication**

**Oxycodone (Narcotic Pain Reliever):** po every 4-6 hours as needed = 30 tabs

**Type of Pain Relief: General pain (started day of surgery as needed, please follow the prescription ordered)** is an oral narcotic prescribed to manage your pain.

**\*please do not drive while on this medication**

**Docusate Sodium (Colace): Stool Softener:** every 12 hours = 14 tabs (7 days)

**Senna: Bowel Stimulant:** every 12 hours = 14 tabs (7 days)

You may take the Colace and Senna together.

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