

LIPOSUCTION: IMMEDIATELY AFTER SURGERY

1. **REST:** When you arrive home, be prepared to rest in bed for the first 48 hours after surgery. You may feel uncomfortable for several days. You may go to the bathroom with assistance as needed. If you feel nauseated, lie on your back with your head down and remain still. Any sensation of nausea should pass by the morning after your surgery. If you feel fine, you may eat lightly and drink. Quiet activity will not harm you.

2. **DRAINAGE, BRUISING & SWELLING:** There will be some fluid draining or oozing from the operative sites into the dressings. The appearance of this fluid may be clear red. This is normal drainage. Extensive bruises (black & blue discoloration) and swelling in and around the surgery areas are common after liposuction. Bruising usually lasts 3 to 6 weeks. If you had liposuction of the abdomen, you may have bruising of the genitalia. This is not cause for alarm. Swelling reaches a plateau at 48 to 72 hours and persists at peak levels for several days. During the first week after surgery, you will notice that your clothes are tight and you have gained weight due to fluid retention. This is normal. About 50% of the expected contour reduction occurs within 30 days, another 25% at 2 months and most of the final 25% by 3 months.

3. **MEDICATIONS:** Take the antibiotics and pain medication we prescribed according to the pharmacy instructions. Don't take pain medication on an empty stomach, as it may cause nausea and vomiting. Have another adult give you the pain medication at the correct time and/or keep written records of how much you take and when you take it. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. The period of greatest discomfort usually does not last more than 12 to 14 hours. Do not drive while taking pain medication.

4. **CALL DR. ZEVON** if you have severe pain not responding to pain medication or dressings that feel too tight. **DON'T TAKE CHANCES! Call if you are concerned about anything you consider significant.** During office hours, call (212) 496-6600. After hours, call (917) 612-3800.

5. **COMPRESSIVE GARMENTS:** After your surgery, Dr. Zevon will apply dressings to the areas where the surgery was performed and place you in a specially ordered restrictive garment, called a compressive garment. The compressive garment, which resembles a tight girdle, helps reduce swelling, compressing the skin as it re-adjusts after the surgery. **It is very important** during this period for the skin tissue to be supported and sculpted for the proper re-shaping to occur. You should wear the compressive garment day and night for 2 weeks after your surgery (except when showering as instructed below), and then at night only for 2 more weeks. If your compressive garment has zippers, wear support-style pantyhose beneath the garment to minimize contour depressions from the zippers.

6. **CHANGING THE GARMENT & SHOWERING:** You may shower about 30 hours after your surgery, and take a bath 5 days after surgery. If possible, an adult should be present the first time you change the garment, remove the dressings and shower. Sit quietly for 5 or 10 minutes after removing the garment and the dressings before you get into the shower, as you may be dizzy. Be aware when you are standing in the shower that you may be lightheaded at this time. After the shower, you can change into a new compressive garment.

7. **MASSAGE:** Approximately 10 to 14 days after surgery, you may begin to massage the surgery areas if it feels comfortable. This may hasten the resolution of swelling. You can massage with your hands and/or with a rolling pin, or visit a massage therapist. We can refer you to a massage therapist. Areas benefiting most from massage include the lower abdominal area and the thighs.

8. **ACTIVITY RESTRICTIONS:** Do not smoke for 48 hours after your surgery to prevent coughing and bleeding. Do not drink alcohol for 5 days after surgery, or while you are taking the pain medication. Do not sit in the sun or heat for 4 weeks to avoid swelling. You may drive a car with power steering after one week, if you are no longer taking pain medication.

9. **HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. Ask us if you wish assistance in locating a source of arnica. Take arnica orally according to manufacturer's instructions on the packaging.

10. **POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. Your first post-operative appointment is scheduled for _____.

SIGNATURE OF PATIENT OR GUARDIAN

DATE