

**Michael A. Devlin, MD**  
**General Information and Post-Operative Care For:**  
**BODY CONTOURING: LIPOSUCTION/ LIPOSELECTION**

The general information and post-op instructions were carefully written with you in mind. Take the time to read them thoroughly several times. We have found that faithful adherence to the guidelines will give you the smoothest recovery and optimum results. If a question does arise, first refer back to these pages. If you are still uncertain, please call our office at **(501) 227-8811**.

**I. ITEMS NEEDED:**

Anti-Embolism Stockings  
Prescription medicines  
Absorbent pads

**II. BEFORE YOUR PROCEDURE:**

- A. Be sure to have all medications and supplies purchased prior to surgery. These include an antibiotic, pain medication, and anti-nausea suppositories. Start your antibiotic the evening before surgery. You will also need to purchase absorbent pads (i.e. feminine pads) or have wash cloths available to absorb drainage after surgery. Purchase T.E.D. hose prior to surgery and bring them with you. These help to prevent blood clots.
- B. On the evening before or the morning of your surgery, shower or bathe for 10 minutes. **Do not use any creams or lotions on the intended surgical site(s).**
- C. **DO NOT EAT OR DRINK AFTER MIDNIGHT the evening before your surgery. THIS INCLUDES WATER AND GUM CHEWING.**
- D. Please wear clothing to surgery that is loose and comfortable.
- E. Review the “Very Important” information sheet for additional instructions.

**III. THE PROCEDURE**

- A. **Body contouring:** This process removes fat cells beneath the skin in order to shape areas of the body. The surgery can be performed nearly any place on the body and has proven particularly effective in the abdomen, waist, hips and thighs. It can also be used on the arms, buttocks and knees. The procedure is suitable for both men and women who are in good health.
- B. **Anesthesia and Injections:** Body contouring is usually carried out under general anesthesia. Fluids containing medicines that limit blood loss and reduce discomfort are injected into the areas that are to be treated. Small instruments are then passed through small incisions so fat cells can be removed. Scarring from this procedure is minimal, leaving the area often without any noticeable traces of the incision sites.
- C. **Cellulite:** Although the results of body contouring are often remarkable, **it is unrealistic to expect perfection.** Patients should expect that irregularities and dimpling of the skin present before body contouring are likely to remain following the procedure. While improving the overall shape of the body, body contouring usually does not improve cellulite.
- D. **Obesity:** Body contouring is not an appropriate treatment for obesity and is no substitute for good nutrition and regular exercise. Obese patients may be good candidates for body contouring if their goal is simply a reduction in body size.

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- E. **Weight Control:** The importance of maintaining a stable weight after surgery is extremely important. Should you gain weight after surgery, you may develop an unusual fat distribution pattern you did not have previously.

**IV. AFTER YOUR PROCEDURE**

- A. Restart your antibiotic medication the night of your surgery. Take it with a light meal. Take the antibiotic as directed until it is ALL GONE. If you do not feel like eating, try a few crackers and Gatorade. Also take the SinEcch as directed on the box. Take pain medication as needed per instructions.
- B. You will experience a moderate amount of red colored fluid draining from the incision sites. ***This is normal and is expected.*** It is from injections of fluid and medications used in surgery to limit blood loss and reduce discomfort. Place absorbent pads or wash cloths over incision sites inside your compression garment to absorb the fluid. This typically will last 24-72 hours.
- C. A compression garment will be placed on you immediately following surgery. The compression garment should be worn **at all times** unless taking a shower or laundering. You may take a shower (no baths) the day after surgery. You may experience a sensation of dizziness when the garment is first removed due to a rapid decompression of the legs. Should dizziness occur, simply sit or lie down until it passes. It's best to have someone close by during your first few times to shower. The garment will be worn for approximately two weeks. Your physician will inform you when you may discontinue wearing it. The anti-embolism stockings may be removed once you are walking around, usually the first post-operative day.
- D. Keep incisions clean by showering daily. Absolutely no hot tubs, swimming pools, or baths for 4-6 weeks after surgery. Gently pat incisions dry with a clean towel and cover them with absorbent pads if still draining. Place compressive garment back on.
- E. Avoid sitting for prolonged periods for at least 6 weeks. This may result in a crease along the abdominal areas where the skin has folded. Also, avoid wearing any constrictive clothing that may cause the skin to fold or dent at the same place day in and day out. Alternate the position of waist bands, etc. Loose clothing is preferable.
- F. You may resume your usual diet after surgery; however, reduce the quantity for 24 to 72 hours. Be sure to drink plenty of fluids.
- G. You may resume mild exercise and activity 4 to 7 days after surgery. Begin slowly and gradually increase the activity each day. If you experience discomfort or fatigue, wait an additional 2 to 4 days before resuming exercise. **Do not sit or lie for long periods of time** without at the very least getting up and walking around your house.
- H. Do not drive for at least 2 to 3 days following surgery or within 24 hours of taking your last pain pill.
- I. Most people return to a desk job within 3 to 4 days after surgery, although you must expect some soreness. You may also fatigue easily for a few days.

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- J. You may run a slight temperature the first few days following surgery. If so, increase your fluid intake and take Tylenol. Please notify us of any fever above 100.5 degrees that Tylenol does not control.
- K. Please call our office if you notice signs of infection such as foul-smelling drainage, redness, swelling or pain in the treated areas.
- L. In most cases, you can expect dark bruising around the liposuction sites accompanied with swelling. Discoloration of skin will travel downward and will gradually clear. Bruising usually disappears within 3-5 weeks, while swelling can persist 3-6 months. Do not worry about swelling and bruising of the genital area (labia in women, penis and/or scrotum in men). This may be particularly noticeable with liposuction of the abdomen.
- M. Ridging and hardening lumps are common and will gradually go away with massaging in about 6 to 12 weeks. This is most common in the abdominal area. Sitting straight upright so your girdle does not fold will lessen this. Your physician will notify you when massaging should begin.
- N. Numbness of the skin is also common and can last for several months.
- O. Avoid the sun, which may darken maturing scars. Protect incisions by using a sunscreen with an SPF of 30+ or wearing protective clothing. Avoid tanning beds.

**V. CARE AT A GLANCE:**

- Wear the compressive garment as indicated.
- Wash stained garment each time you shower, if soiled.
- Clean incisions with soap and water daily.
- Cover the incisions with an absorbent dressing until drainage stops.
- Do not apply ice packs or a heating pad to skin overlying the treated areas.
- Do not soak in a bath, hot tub, swimming pool, or ocean for at least 4-6 weeks after surgery.
- Do not wear tight clothing, especially waist bands that will leave a crease in the liposuctioned areas.

***Since nothing heals symmetrically or suddenly, expect your best result to be achieved at 6 to 12 months following your surgery. Once the excess fat is removed, your body takes several months to tighten the loose skin and resorb the swelling. This process begins in 3 to 4 weeks and slowly progresses during the healing process. The best outcome will be achieved by following instructions and taking good care of yourself.***