

After Liposuction Instructions

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Pain Medication: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Anti-Nausea Medication: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Stool Softener: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Muscle Relaxant/Anti-anxiety Medication: This will help relax the muscles involved in your procedure, which will help with pain control and should help you sleep.

Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop the medication.

Do not use Ibuprofen or aspirin containing products which may increase your chances of bleeding complications.

Surgical site care:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- You will be provided a garment and will wear that the night of your procedure. You can change absorbent pads as needed.
- You will have pink tinged fluid express from your incisions. This is normal.
- You will be able to remove your garment and dressings the day after your surgery.
- Once your garment and dressing are removed you may...
 - Shower gently and pat dry.
 - Do not allow direct high pressure shower spray to hit incisions.
 - Do not soak incisions.
 - Leave steristrips in place. It is okay to shower with the steristrips.
- Place new, dry gauze bandages over the incisions if needed.
- Wear the compression garment provided 23 hours a day for the first 2 weeks.
- The garment can be machine washed and dried.
- After 2 weeks you may use lighter compression (Spanx®, UnderArmour®). This will help reduce any swelling you may have experienced.

***If you are unable to wear the provided compression garment you may use lighter compression earlier than 2 weeks. Wearing some type of compression during the first month is highly encouraged to achieve the best results after your procedure. ***

Activities:

- You may experience some pain and discomfort for 2 to 3 weeks, although it should decrease considerably from the first 1 to 2 days.
- Do not push, pull or lift anything heavy (over 20lbs) for 2 weeks.
- You may ambulate the night of your procedure. Walk with assistance to the bathroom, living room, etc. starting the night of your procedure. You are not on bed rest.
- Avoid strenuous activity, getting overheated or sunbathing for 2 weeks. Avoid blowing your nose, coughing, straining, or raising your blood pressure.
- Do not engage in sexual activity for a minimum of two weeks after surgery.

Return to Particular Activities

- 2 weeks after surgery: may resume normal activities. We recommend you start slow and gradually work up to your normal exercise routine.

Diet:

- You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired, with the exception of alcohol, which must not be taken for three days after surgery.
- Drink plenty of fluids/water (eight 8oz glasses a day).

Follow-up appointments: (Please call the Mercy Clinic Medical Spa at 417-820-9340 to schedule your appointment.)

- 2 weeks after surgery: Your steristrips will be removed at this visit. You may start applying moisturize to the area after steristrips are removed.
- 2 months after surgery: Monitor healing and instructions will be given on how to minimize scar appearance.

Watch for the following signs and symptoms. Notify the Mercy Clinic Medical Spa (820-9340) immediately if these occur:

- Fever or blistering.
- Redness that looks like a sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Call the Mercy Clinic Medical Spa 417-820-9340 if you have any questions.