

Liposuction

POST-OPERATIVE INSTRUCTIONS

1. Have someone drive you home after surgery and help you at home for 1-2 days.
2. Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
3. Do not drink alcohol when taking pain medications.
4. Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES:

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive until you have full range of motion with your arms.
- Refrain from vigorous activity for 2-6 weeks. Increase activity gradually as tolerated.
- Resume social and employment activities in about 2 weeks (if not too strenuous).

INCISION CARE:

- You may shower 24 hours after your surgery.
- Keep incisions clean and inspect for signs of infection.
- Apply new dressings with every shower.
- When an incision has ceased draining for more than 24 hours, it no longer needs to be covered.

WHAT TO EXPECT:

- You may have random, shooting pains for a few months.
- Most of the discoloration and swelling will subside in 2-4 weeks.
- Sutures that are not absorbable will be removed during first post-operative appointment.

WHEN TO CALL:

- If you have excessive swelling or bruising.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul smell.
- If you have bleeding from the incisions that is difficult to control with light pressure.

COMPRESSION GARMENTS:

- Beginning the day after surgery, the post-op garment is to be removed daily to permit a shower and cleaning of the garment.
- Binders should be worn day and night for one week then it's okay to wear 12 hours per day for one to two more weeks.
- You may choose to wear the garment for a greater duration simply because of the comfort the garment provides, but keep in mind that wearing it longer provides no significant advantage in terms of the ultimate cosmetic results.

For Medical Questions...

Please call us at (317) 325.2699 Monday-Friday, 8 a.m.- 4p.m. For after hours and on weekends, call the hospital operator at (317) 462.5544 to have Dr. Amde paged.