



## POSTOPERATIVE INSTRUCTIONS FOR LIPOSUCTION/LIPECTOMY

PHONE (954) 659-9990

1. TAKE THE MEDICINES THE DOCTOR HAS PRESCRIBED; THESE ARE TO PREVENT INFECTION AND HELP ALLEVIATE PAIN. YOUR DOCTOR MAY ALSO PRESCRIBE MEDICINES FOR NAUSEA AND VOMITING.
2. YOU MAY DEVELOP A MILD FEVER THE NIGHT AFTER SURGERY OR THE FOLLOWING DAY. TAKE TYLENOL® IF YOU NEED TO. YOU MAY HAVE NAUSEA AND POSSIBLY VOMITING.
3. YOU WILL SWELL UP SIGNIFICANTLY IN THE NEXT TWO (2) DAYS. START TODAY PLACING ICE TO FACE/NECK AREA; YOU MAY DISCONTINUED THE ICE 48 HOURS AFTER SURGERY.
4. YOU HAD STITCHES (SUTURES) PLACED DURING SURGERY AND THESE WILL BE REMOVED BY YOUR DOCTOR 4 TO 6 DAYS AFTER SURGERY. THE DOCTOR WILL INFORM YOU WHEN THEY WILL BE REMOVED.
5. THE STITCHES (SUTURES) MIGHT CAUSE SOME DISCOMFORT OR PAIN. TAKE THE PRESCRIBED PAIN MEDICATION. RINSE MOUTH WITH WARM SALT WATER IF STITCHES WERE PLACED INSIDE THE MOUTH FOUR (4) TIMES A DAY.
6. AVOID FOODS THAT REQUIRE PROLONGED CHEWING; IT MIGHT HURT. OTHERWISE, YOUR DIET HAS NO RESTRICTIONS.
7. EXPECT SOME OOZING TO OCCUR FOR A COUPLE OF DAYS AFTER SURGERY. THE OOZING FLUID WILL HAVE A BLOODY TINGE TO IT; THIS IS NORMAL. IF OOZING IS INSIDE YOUR MOUTH, YOU MAY PLACE GAUZE IN THE MOUTH AND APPLY PRESSURE.
8. THE DOCTOR HAS PLACED A FACIAL DRESSING WHICH IS GENERALLY VERY TIGHT. THIS WILL BE REMOVED BY THE DOCTOR AND REPLACED BY ONE THAT IS REMOVABLE AT ITS APPROPRIATE TIME. PLEASE KEEP THIS FACE DRESSING ON FOR AT LEAST FOUR (4) DAYS. YOU MAY REMOVE ONLY DURING SHOWERING, AND THE DOCTOR WILL TELL YOU WHEN YOU CAN FINALLY REMOVE THIS DRESSING.
9. TRY TO LIMIT YOUR ACTIVITY TO REST ONLY ON THE DAY OF SURGERY. THE FOLLOWING DAY YOU MAY SLOWLY START RESUMING NORMAL ACTIVITY. PLEASE DO NOT EXERCISE UNTIL THE DOCTOR TELLS YOU TO.
10. YOU MAY SHOWER THE DAY FOLLOWING SURGERY, BUT DO NOT RUB; ONLY DAB THE WOUND AREA DRY.
11. SMOKING IS A RELATIVE CONTRAINDICATION FOR THIS TYPE OF SURGERY. IT RETARDS WOUND HEALING SIGNIFICANTLY. IF YOU SMOKE, **STOP** SMOKING FOR SEVERAL DAYS.