

DR. CUSHING'S POSTOPERATIVE INSTRUCTIONS

Liposuction

The first 24 hours are best spent resting. You should get up to walk to the bathroom and kitchen several times per day.

GARMENTS

You will have a compression garment after surgery that can be removed to shower but should otherwise be worn 24/7 for the first four weeks after surgery. You may purchase additional garments from the surgery center or Amazon so you can switch them out while they are in the wash. Hand wash and air dry the garments.

DRAINAGE

You can expect drainage (usually watery with a tinge of blood), swelling, bruising and discoloration at all the areas where liposuction was performed. Gravity may cause bruising to settle below these areas as well. You can use antibiotic cream or Vaseline and gauze to the incisions for the first week.

DRESSINGS

You may have quite a bit of slightly bloody drainage from the liposuction incisions. This is normal for 24-72 hours after surgery. The fluid that is draining out is usually the fluid placed into the fatty tissue to make it easier to remove. It is best to have plastic protectors for the bed, couch or recliner where you plan to sleep.

You may put maxi pads or other absorbent pads in your compression garments to soak up this drainage.

MEDICATIONS

Pain medication prescribed post-operatively (usually Norco) should be taken as directed to relieve pain. You can also take over the counter medications such as ibuprofen (Advil/Motrin) or naproxen (Aleve). Do not take Tylenol in addition to the prescription pain medication. We also recommend that you use a stool softener to avoid constipation. If you are prescribed antibiotics, take those until all the pills are gone.

ACTIVITY

You will have some pain and swelling for at least several days after the surgery and will need to take it easy with activities. It's good to be up and moving around the house some but do not do any strenuous activities for at least 7-10 days after surgery. Gradually increase your activity level to around normal 2-3 weeks after the surgery.

DIET

Due to the anesthesia from your surgery, the tube placed in the throat may cause the throat to be sore. This is best relieved with cold liquids. The soreness disappears in a few days.

You may resume your normal diet. Start with more bland foods and gradually add in more regular foods once you feel ready.

Pain medication (especially opioids such as hydrocodone) along with surgery on your abdomen can cause constipation. Take a stool softener twice a day and try to eat foods with lots of fiber. If you are still having trouble with bowel movements, you may need to add a laxative or glycerin suppository to help.

SHOWERING

You may take a warm (not hot) shower 48 hours after surgery. Do not take a bath. Remove all of the dressings from your incisions, including the yellow gauze on your skin. If this is stuck, you may get in the shower and the water will help loosen it.

After the shower, you can pat dry with a towel or air-dry, but do not rub your incisions. You can apply a fragrance-free moisturizer to the abdomen but not on the incisions.

HEALING

Swelling and bruising can be quite significant and is to be expected for several weeks. You will continue to see your liposuction results improve as the swelling heals over the 2-3 months after surgery.

You can put Vaseline or aquaphor on your incisions. You can apply topical antibiotics to areas that are red and warm to the touch. Avoid using topical antibiotics on the entire incision because they may cause skin irritation.

After your incisions heal over (after the first two weeks or so), you can continue to apply the Vaseline/aquaphor or switch to scar creams or vitamin E. Use sunscreen and/or sun protection at all times for the first year to prevent darkening of the scar.

It is not uncommon to have foot ankle and leg swelling or swelling on other parts of the body, even though they were not operated on.

It is common to weigh more than before surgery in the first few weeks after surgery due to the swelling and extra fluid. This will improve over time.

Liposuction scars are small and will fade and soften during the months after surgery. They can take up to a full year for a scar to remodel and fade.

It is normal to experience feelings such as numbness, pain, pulling or pinching sensation, burning and electric shock sensations for weeks and sometimes months after surgery.

Call our office at 601-939-9999 if you experience any of the following:

- Heavy, bright red, bloody drainage
- Fever above 101.5 degrees