

Post-Surgery: Liposuction

Instructions

- Take your pain medication as directed.
- Begin your antibiotic the day after your surgery.
- Decreased activity and narcotic pain medication may cause constipation, increase fluid intake and use a stool softener as needed.
- Do not drink alcohol while taking pain medication.
- Substitute Tylenol (acetaminophen) for your narcotic pain medication as tolerated. For most this is within the first few days after surgery.
- Your compression garment should remain on 24 hours a day for the first week. It should be snug but if it feels too tight or causes pain unzip it. The length of time a patient wears their garment is determined by several factors so we will let you know when you no longer need to wear it.
- You may remove your white compression stockings the morning after surgery.

Activities

- Do not drive until you are no longer taking narcotic pain medication.
- Start walking as soon as possible. Begin by walking around your house for the first few days and then increase activity slowly as your energy returns.
- You may begin to take short walks after one week and resume aerobic exercise in two-three weeks as tolerated.
- Remember, if it hurts you are probably not ready to do it.

Incision care

- Sutures will be removed at one week.
- You may shower normally starting two days after surgery using your normal body wash or soap.
- You may pad the incisions with gauze or a sanitary pad for comfort and to absorb any discharge.

What to Expect

- You may experience some numbness, tingling, burning, or shooting pains as you heal. This is nerve regeneration and the feelings will disappear with time.
- It is normal to experience soreness, tightness, swelling and bruising for 4-6 weeks or more after surgery. All patients heal at different rates so please be patient during this time.

- You can expect blood-tinged fluid to drain from your small incisions for the first 24 to 48 hours and can be quite a bit, enough to saturate your garment. In general, the more drainage there is, the less bruising and swelling there will be.
- There may be firm areas and some indentations in the skin for the first few weeks after surgery. This will slowly improve with time. Final results from liposuction are seen 6-8 months postoperatively.

When to Call

- If you have increased pain that is not relieved by medication.
- If you have any side effects from the medications such as rash, nausea, vomiting or severe headache.
- If you have a temperature over 101 degrees.
- If you have not urinated within 12 hours of discharge.

For Medical Questions, Please Call:

(559) 797-9000, Monday-Thursday 9 a.m. – 5 p.m. and Friday 9 a.m.-noon.

After hours and on weekends call the office number and Dr. Stefanacci will be paged.