



BUFFALO PLASTIC SURGERY
DR. TAMARA B. DAWLI

POST-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION

COMMON INSTRUCTIONS AFTER SURGERY:

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible) and stay with you overnight and the day after your surgery. If you are having several procedures, you may need assistance for 1-2 days following your procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours after surgery.
- Do not drive for approximately 5-7 days after surgery or while you are taking pain medication or still having pain.
- You are encouraged to walk around the house on the day of surgery and thereafter. Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing. Wear your support stockings for 5 days following surgery.
- Resume activities slowly. You may feel tired for the first few days but you should be able to return to normal activities within 1 week.
- Expect to have pain for the first 24 hours. Take your pain medication before your pain becomes severe.
- Take all medications as instructed post operatively. Take Tylenol 650 mg every 6 hours whether or not you are having pain in order to provide baseline pain relief.
- Some bruising and swelling is normal. It is expected to take between 3-6 months to see your final results.
- Avoid direct sunlight to the incision for at least 1-year. Use a sunscreen with zinc oxide with a SPF of 20 or greater to help decrease the visibility of the scar.
- Drink plenty of fluids after surgery to help replenish fluids that may have been lost during surgery (8-10 glasses per day).
- If you have not urinated after 6 hours of being home from surgery, please contact our office.
- Use caution when getting up from a chair or bed as you may experience slight lightheadedness. Patients have reported passing out when taking their first shower; please have adult supervision/significant other present to ensure your safety.
- You will go home with a compression garment in place. You will need to wear this garment at all times for 6 weeks after surgery. After 2 days, you may take the garment off to shower, but it should be put back on afterwards.
- Expect to have a moderate amount of swelling and drainage. You may change the gauze pads over your garment as needed to help keep clothing dry. The drainage from the small incisions may be significant for the first 12 hours after surgery but should stop after 24 hours. If it persists after then, please call the office.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from an incision site.
- Persistent nausea and/or vomiting.
- Any other concerns.