

## Pre and Post-Operative Instructions for Liposuction

### Charleston Plastic Surgery

**You have undergone major surgery. For a speedier recovery, please follow these instructions:**

- Someone must be with you for the first 24-48 hours following surgery. This is to make sure you are taking your medicine properly, to assist you when walking (if needed) and to get in touch with our office (if needed).
- You may experience a sore throat after surgery. This is common after anesthesia and will clear up in a few days.
- NAUSEA: Mild nausea is common after surgery. If you have moderate to severe nausea, please use Phenergan as directed. If vomiting occurs, use ice chips until clear liquids can be tolerated.
- PAIN: You will be given prescription medications for pain, please take as directed on the bottle. Starting the day after surgery we want you to take Ibuprofen 200mg, 4 times per day if not contraindicated (ie – history of bariatric surgery). You will be taking this in addition to your prescription pain medication to help reduce inflammation and swelling. When you are off the prescription pain medicine during the day, you are welcome to increase the Ibuprofen to reduce inflammation/swelling AND for pain. Please do not exceed 3200mg of Ibuprofen per day. Remember, narcotics may cause constipation, please drink plenty of water. You may use a stool softener if you have not had a bowel movement in 3 days.
- SMOKING: No nicotine is tolerated at least 4 weeks prior to surgery and for at least 8 weeks after surgery. Avoid secondary smoke. Nicotine will constrict blood vessels, leading to poor wound healing.
- DRIVING: Do not drive a car or operate machinery for at least 24 hours after and until you are no longer taking narcotics.
- EXERCISE/ACTIVITY: Please be sure to walk around the house the day after surgery to prevent post-operative complications. Please be sure to have assistance when you first get out of bed. Gradually work up to your normal daily routine. For the first 4 weeks, you should not lift anything greater than 10lbs and walking should be your only form of exercise. Further lifting instructions will be given to you at your first post-operative appointment.
- REST: If you had liposuction of the neck, you will need to sleep with 2-3 extra pillows to help reduce swelling and discomfort.
- COMPLICATIONS: Complications, albeit uncommon, may occur following any surgical procedure. These may include (but are not limited to) bleeding, infection, damage to surrounding structures, scarring, tissue necrosis, wounding, fluid accumulation (seroma), residual laxity of the skin, asymmetry, fat necrosis, contour irregularity, changes in skin sensation, DVT/PE or need for future surgery. If you experience a sudden fever of 101 or greater, increased swelling, redness, heat, or profuse bleeding please call our office for advice: 843-722-1985

#### Specific Instructions:

- BROMELAIN: We ask that you start taking Bromelain (supplement pills) to prevent bruising. You will start this medication 5 days prior to surgery. It can be purchased at our West Ashley office.
- ARNICA: You will start taking Arnica (supplement pills) the day after your surgery to help reduce bruising. It can be purchased at our West Ashley office.
- You should expect to have drainage from the liposuction incisions, this is normal. Most often, drainage will be the consistency and color of blood for the first 24-48 hours. Drainage may start to decrease but

it will start to increase with activity around 48-72 hours. Bloody drainage may start to become clear and can turn red, orange or yellow. This is normal as long as there is a clear tint to the drainage. If there is pus or green drainage, please contact our office. You may want to purchase “puppy training pads” to place in your car and on your bed for the first night after surgery.

- You will leave surgery in either an abdominal binder or girdle. You will be wearing a compression garment 24/7 for the first 6 weeks post-op. You may remove the girdle for showering and to launder.
- You will be in a compression garment for a total of 3 months. The first garments, binder/girdle, will be provided for you.
- You will change the liposuction bandages before bedtime when you return home from surgery. You may remove the binder/girdle, take off the saturated gauze, wipe the area with a wash cloth and place a women’s sanitary napkin or gauze over the area. You may use paper tape to keep the dressing in place.
- You may shower at 24 hours. You will need to shower daily to prevent wound infection.
- You will return to our office 7-10 days after surgery. You will be given further instructions at this time.
- **AUTOGENEOUS FAT TRANSFER TO BUTTOCKS (BBL):**
  - Fat injections using the patient’s own tissue has become a popular technique in buttocks enhancement.
  - The operation involves harvesting fat from the abdomen, neck, hips, or gluteal area. This fat is then reinjected through a syringe into the hips, nasolabial folds, or the buttocks.
  - Swelling is severe for ~the first 5 days after surgery but this will go down, usually around 2-3 weeks. Approximately 15% of the fat is permanent. Asymmetry may also occur.
  - Bruising is to be expected for about 1-2 weeks. Bromelain and Arnica will help with this.
  - You can expect the site to feel firm or knotty for several months. This is often not visible. We will start massaging these bumps approximately one week post-operatively. Do not massage until instructed to do so.