



T A M P A B A Y  
B O D Y S C U L P T I N G

**Post-Operative Instructions:**

The following instructions from your surgeon should be followed closely. If you notice any unusual changes or conditions to your health please call our office at **(813) 557-6400** immediately.

**You MUST have an adult drive you home from our facility** and stay with you for at least 24 hours post surgery. Be sure to have ALL necessary supplies for your after care available at home.

**Take your medication as directed.** Pain tolerance varies with each patient. Please make sure to stay on top of your pain by taking medication regularly for the first few days. Take your medications with food to reduce the chances of nausea. It is encouraged to take Tylenol Extra Strength in lieu of Tramadol.

**Avoid alcohol consumption and smoking** post surgery for 4 days as alcohol dilates the blood vessels and can cause unwanted bleeding. Avoid alcoholic beverages as long as you are on pain medications. NO SMOKING for the first 7 postoperative days as smoking will hinder the healing process. **Drink plenty of water!**

**Minimal Activity** for the first 48 hours; allow your body to heal. Limit any exercise or strenuous activity for 10 days.

**Wearing Compression Garments:** helps reduce swelling compressing the skin as it re-adjusts after the liposuction surgery. It is very important during this period of time for the skin tissue to be supported and sculpted for the proper re-shaping to occur. You should wear the compression garment day and night for **4-6 weeks post surgery** (except when showering and changing dressings as instructed above).

**Bandages must be changed** often for the first 24 hours after surgery. Your incisions will be left open so the numbing fluid can drain. It is normal for the first week post surgery to see pink or red liquid draining from your incisions. You may experience bruising, swelling, redness, tingling, tightness and stiffness, burning or intermittent shooting pain in treated areas; all are normal due to the skin, tissues and sensory nerves healing. Pain medications will help you cope with any discomfort. Skin firmness, hypersensitivity, lack of sensitivity and numbness are

normal at first and will gradually stop over time. Do not be alarmed by any pockets of fluid in certain areas.

Fluid retention in isolated areas is considered normal. If you notice an area where you feel pressure and fluid swishes around when you press, call our office to schedule an appointment with Dr. as fluids may need to be drained.

**Swelling** can cause the skin in treated areas to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling. An antihistamine such as Benadryl can help to alleviate itchiness. **Asymmetry**: Both sides of your body may look or feel different from the other side following your surgical procedure. This can be caused by fluid retention on one side of your body versus the other side. Your body will absorb that fluid over time. Normal fluid retention is up to 12 weeks.

#### **IF YOU EXPERIENCE ANY OF THE FOLLOWING PLEASE CALL / TXT: (813) 557-6400**

- A high fever over 101°F, severe nausea and vomiting, continued dizziness or incoherent behavior or hallucinations.
- Pain that cannot be controlled with medications
- Bright red skin that is hot to the touch
- Excessive pain, bleeding, swelling, or discoloration at the incision site, or fever.

#### **WHAT TO EXPECT AFTER SURGERY:**

**Drainage**: Fluid will drain from the operative sites into the dressings. The appearance of this fluid may be pink or red. This is normal drainage and usually lasts 24-72 hours.

**Bruising**: Bruising and swelling around the incision sites are common after liposuction. Bruising usually lasts 1-2 weeks. If you have liposuction of the abdomen, you may have bruising, swelling and discoloration of the pubic area, as blood and other fluid may descend into the soft tissues in this area. This is normal, and is not cause for alarm. Itching of the treated areas several days after surgery may also occur as part of the normal healing process.

**Swelling**: Swelling reaches a plateau at 48-72 hours post liposuction. Swelling can last up to 2 weeks. During the first week after liposuction surgery, you will notice that your clothes are tight and that you have gained weight and this is also due to fluid retention. This is normal. About 25% of the expected contour reduction occurs within 30 days, another 25% at 2 months and most of the final will occur at 4 to 6 months.

**Changing & Showering**: For 2 weeks post surgery do not soak/submerge in a bath, jacuzzi, swimming pool, or the ocean. Treat incision areas and change bandages as instructed by medical staff. Once you stop draining (usually 24-48 hours) you may take a quick shower; make sure to cover all incision sites with **waterproof bandaids** for 2-4 days until all incisions are closed. Once incisions are closed, we recommend using Neosporin on incision sites. Wear sunscreen (SPF 30) over your incision scars after they heal.

**Approximately 1 week after liposuction surgery**, you may begin to self-massage the surgical areas which may hasten the resolution of swelling, lumpy areas and/or hardness.

We recommend 3 postoperative ultrasound cavitation treatments and/or lymphatic massage in our office starting 2 weeks post surgery to help with recovery, speed healing, reduce fluid retention, reduce bruising and swelling and hardness beneath the skin.

**HEALING:** A major factor during healing is whether you follow instructions given by Dr. Miles verbally and in this document. Such guidelines are designed to promote the healing process and to prevent the occurrence of anything which may interfere with recovery. It is imperative that you recognize you are a partner in this process and have a responsibility to follow the instructions carefully. The instructions, based on broad experience, are designed to give you the best opportunity for healing without delay or surprise.

**COMPLICATIONS:** Unexpected occurrences are very infrequent. When they occur, it is seldom a consequence of malpractice. It is far more likely to be a result of the variable healing capacity or the patient's failure to follow instructions. Rest assured, we will assist you in the best interest to ally yourself with Dr. Miles and the staff. We will support you through any difficulties and assist you in reaching your goals.

## **SUMMARY:**

### **Pre Surgery:**

- Your 3 Prescriptions will be called in to your Pharmacy the Friday prior to your surgery date.
- Prepare by purchasing your post surgical garment and all supplies: gauze pads, surgical tape, maxi pads (cut into 3 for extra absorption from leaking incision sites), waterproof bandaids, regular bandaids.
- Begin taking your antibiotic 24 hrs prior to surgery
- Bring all 3 medications to surgery along with your compression garment.

### **Post Surgery:**

- Change gauze and bandages frequently, leaking of fluids is normal
- You may experience itching, this is normal. You may use Benadryl either oral or topical. DO NOT put Benadryl on your incision site.
- Hardening and swelling is normal. You may use a heating pad for your comfort. Use for 20 minutes at a time.
- You may take a shower after a **full 24 hours post surgery** with waterproof bandaids.
- You may not take a bath or submerge in any water including a pool or the ocean for 2 weeks
- Wear your garment at all times. Only take off to shower. A break is needed at times and your garment must be washed frequently.

- Continue taking your antibiotic until finished. Take Tylenol Motrin/Advil (Ibuprofen) post op for pain or Tramadol if needed. Do not drive if you are taking Tramadol.
- If you are vomiting or nauseous let us know. We will call in a prescription for you.
- If you had a fat transfer to butt DO NOT sit on your butt or lay on your back for 1 month.
- You may begin to workout 2 weeks post surgery with normal healing.
- Chin Lipo: wear chin wrap for 4 weeks for optimal results
- Fat Transfer to breasts: wear a bra without underwire for 4 weeks post op.

**This office is regulated by the Florida Board of Medicine 64.B8 FAC & 64.B15 FAC rev.  
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***Dtd. 8/23/2019***