

Michael R. Macdonald, MD

BOARD CERTIFIED FACIAL PLASTIC SURGEON



Aesthetic Surgery & Skin Rejuvenation

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## **BODY LIPOSUCTION OR LIPOSCULPTURE POST-OP INSTRUCTIONS**

- TO REDUCE SWELLING:** A substantial amount of swelling and bruising discoloration is normal and expected for at least the first 7 days post-op. Wear your compression garment bandages as directed to control swelling. You may also be more comfortable sitting with your feet elevated above your heart for 20 minutes every 2 hours.
- BANDAGES:** Immediately post-op a compression garment is fitted to the liposuction areas. It is to be worn 24 hours a day for 14 days. For the next 14 days, it should be worn at least 12 hours a day. It may be worn intermittently after the first 4 weeks as many patients find the additional support comforting through the healing process. There may be some discomfort when you are not wearing the garment during this time because the bandages or garments have reduced the swelling and provided support.
- ICE:** Icing reduces both bruising and swelling. Apply ice to your chin area for up to 20 minutes per hour, while awake, for the first 48-72 hours.
- MEDICATIONS:** Take all medications as instructed.
- ACTIVITY:** Following surgery, bed rest is recommended for remainder of the day. Within the first 24 hours post-op, when getting up to use the bathroom, you may want assistance. This is because, when you stand up, dizziness and fainting spells may occur until your system adjusts to the altered fluid levels from liposuction. Flying is safe after 1 week. Physical exercise should start with walking only at 7 days post-op. Do not push your recovery from surgery. You may resume vigorous sports (i.e. tennis, jogging, or swimming) 4-6 weeks after surgery.
- WASHING/BATHING:** At 2 days post-op, you may remove your compression garment and shower. Remove your garment only when sitting or lying down. Take extra care when walking to, and in, the shower in case of dizziness or fainting that may occur when the garment's pressure support is released. Any gauze dressing over the incisions may be replaced with band-aids. The garment may be washed before replacing. Leave band-aids on during shower; replace band-aids after showering.
- DIET:** Meals are not restricted, other than a low-salt diet. Do not use any added table salt. You should drink clear liquids to prevent dehydration, even if you are not thirsty. Drink eight 8 oz. glasses of water (not soda, tea, or coffee) per day for 3 days post-op. Try drinking one glass per hour. This reduces the possibility of constipation as well.
- SIGNS OF INFECTION:** You should notice a gradual reduction in discomfort from the wounds. A marked increase in discomfort, increase in redness, or temperature greater than 100.5 should be reported to Dr. Macdonald immediately.

QUESTIONS:

Should you have any questions or concerns, Dr. Macdonald is always available. Please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald's contact number or call coverage arrangements are indicated.

THINGS TO REMEMBER: You may not see your final results for 6 weeks to 6 months post-op.

- Pink colored drainage from incisions for the first 24-36 hours, during this time be prepared with plastic old sheets/towels to sit and lay on
- Swelling is normal and variable
- Discoloration, black and blue areas, may travel down your body, but usually resolve completely within 2 weeks
- Mild weight gain after surgery, then mild loss from fat suction several weeks after surgery
- Numbness is normal and may last up to several weeks
- Irregularity in contour early after surgery is due to the diffuse edema
- Dieting before, during, or after, surgery will complement your result
- Perfect symmetry and evenness may not result from this procedure

