

DR. CHRISTOPHER J. DANNAKER

*Practice limited to Dermatology
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AFTER LIPOSUCTION INSTRUCTIONS

- 1) **GOING HOME:** You should not drive yourself home. **DIET:** Resume your usual diet immediately. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration. Avoid drinking alcoholic beverages 48 hours after surgery.
- 2) **ACTIVITIES:** Quiet rest is recommended immediately after surgery. After surgery do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours after surgery. Later in the day or evening you are welcome to take a short walk if desired. The day after liposuction you should feel well enough to drive your car and engage in light to moderate activities. You may carefully resume exercise and vigorous physical activity 2-4 days after surgery. It is suggested that you begin with 25% of your normal work-out and then increase your activity daily as tolerated. Most people can return to a desk job within 1-2 days after surgery, although one must expect to be sore and easily fatigued for several days.
- 3) **HK ABSORBENT PADS™** are placed over the treated areas to absorb the large volume of drainage of blood-tinged anesthetic solution for the first 24-48 hours after surgery. The HK pads are held in place by elastic garments. Beginning the morning after surgery, change the pads twice daily. If you discover drainage leaking out for the HK pads the first few hours after surgery, simply apply a small absorbent ABD pad over the area by sliding it under the garment.
- 4) **ELASTIC COMPRESSION GARMENTS:** **These should be worn day and night until all the drainage has completely stopped plus an additional 24 hours.** Two post-op garments are worn in order to hold the absorbent pads in place and to provide compression that encourages the drainage of fluid. Some areas only require one garment plus elastic binders (belts). Beginning the day after surgery, you must remove the garments twice daily and take a shower. The morning after the surgery when removing the garments to shower, the patient may experience a brief sensation of dizziness. Dizziness is reduced by removing the outer garment and waiting 5-10 minutes before removing the second garment. Dizziness is the result of rapid decompression of the legs immediately after the elastic garments are removed. Should dizziness occur, simply sit or lie down until it passes. You may wash the garments at these times. Typically, patients will need to wear the garments for 3-6 days. Many choose to wear them longer because of the comfort they provide. Wearing the post-op garments for more than the minimal number of days is of no significant advantage in terms of the ultimate cosmetic results. Do not be concerned if you drain for several days. Discontinuing the use of the garments and binders too soon may result in more prolonged drainage.
- 5) **MANAGING POST-OP DRAINAGE:** One should expect a large volume of fluid to drain from the small incisions during the first 24-48 hours after surgery. In general, the more drainage there is, the less bruising and swelling there will be. During the first 36 hours, you should sit or lie on towels. When there is a large amount of drainage, it is advisable to place a plastic sheet beneath the towel. For the first 24-36 hours, bulky

super-absorbent dressings are worn under the garments. When drainage is nearly stopped, patients need only place thin absorbent gauze or small pads on incision sites that continue to drain.

- 6) **WOUND CARE AND BATHING:** Keep incisions clean. Shower once or twice daily. First wash your hands, and then wash incisions gently with soap and water. Afterwards gently pat incisions dry with a fresh dry clean towel. Apply new absorbent dressings. Incisions that have stopped draining no longer need padding. **Take antibiotics as directed until the prescription is finished.** Take antibiotics with food. Call our office immediately if you notice signs of infection such as fever, foul smelling drainage, or focal redness, swelling, and pain in the treated areas.

DO NOT apply ice-packs or a heating pad to the skin of liposuction areas for at least 4 weeks following liposuction.

DO NOT apply hydrogen peroxide or Band-Aids to incision sites.

DO NOT soak in a bath, Jacuzzi, swimming pool, lake or ocean for 7 days after surgery.

- 7) **COMMON SIDE EFFECTS:** Menstrual irregularities with premature or delayed onset of monthly menstruation is a common side effect of any significant surgery. Flushing of the face, neck and chest may occur after liposuction surgery and usually lasts for a day or two. Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. Discomfort and soreness is worse the second day after surgery, then improves daily. Two extra-strength Tylenol taken every 4 hours, while awake, for the first 48 hours, will reduce the inflammation, swelling, and soreness associated with surgery. **DO NOT TAKE ASPIRIN OR IBUPROFEN OR ANY MEDICATIONS THAT CONTAIN THESE DRUGS, SUCH AS BUFFERIN, ANACIN, ADVIL OR NUPRIN FOR 3 DAYS AFTER SURGERY,** these can promote bleeding. Bruising is minimal with tumescent liposuction. Nevertheless, the more extensive the surgery, the more bruising one can expect. Pain and swelling due to an inflammatory reaction to surgical trauma may occur and increase 5-10 days after surgery; this is treated with antibiotics and anti-inflammatory drugs. Itching of the treated areas several days after surgery may occur as part of the normal healing process. To help relieve the itching, you may try taking Benadryl as directed on the packaging. Be aware that Benadryl causes drowsiness. **DO NOT TAKE ANY BENADRYL THAT CONTAINS ANY ASPIRIN, IBUPROFEN, ANACIN, ADVIL OR NUPRIN.**
- 8) Schedule a follow-up appointment at our office at the doctors recommended frequency. Please contact us if you have any urgent question during our office hours or after hours on the doctor's cell phone.

Doctor Dannaker can be reached during office hours by calling, (831) 641-9950 or, after hours you may reach him on his cell phone (831) 905-6112.

Patient Signature

Date

Witness