

K. Cary Canoun MD, FACS

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LIPOSUCTION POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you home after surgery. Because LIPOSUCTION is a major operation done on an outpatient basis, it is very important that you have a responsible person available to assist you for the first days after surgery. **It is mandatory that you have someone stay with you for at least the first 24 hours after surgery.**

2. A light diet is best for the day following surgery. Start with fluids and progress to foods slowly. Drink plenty of fluids.

3. You may go to the bathroom with assistance as needed. Rest for the first 24 hours but move your legs around frequently. Take it easy and do not do any lifting or strenuous exercise for 2 weeks after surgery. Do not drive until you are no longer taking your narcotic pain medication and have good lower body coordination, about 3-4 days for most people. Keep the compression garment in place and do not get wet. You will have to take sponge baths for the 5 days after surgery.

4. Medications will be prescribed the day of surgery. You will be given pain medication and an antibiotic. Take medications according to the instructions. If the pain medications make you drowsy, have someone give you the medications at the proper intervals. This will avoid you taking them too often. Pain medications can cause constipation. If you feel you are getting constipated, take a gentle laxative or stool softener.

5. The period of greatest discomfort does not usually last more than 48-72 hours. You may be able to just take Extra-strength Tylenol for the pain. But take the narcotic pain med if you need it.

6. You will wear a compression garment. These should be snug but not tight. They should stay in place until you are seen in the office.

You can expect the following:

1. Moderate discomfort – use pain medication as prescribed. No Aspirin or Motrin.
2. Moderate swelling.

Call me if you have any of the following:

1. Severe pain not responding to the pain medication.
2. Marked swelling or more swelling on one side than the other.
3. Any other questions or concerns.

Follow-Up Office Visits:

1st Visit: 5 days after surgery

2nd Visit: 14 days after surgery.

3rd Visit 2-4 weeks after surgery.

First Post-op Visit: Date _____ Time _____

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