

PLASTIC SURGICAL ARTS

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LIPOSUCTION-POST OPERATIVE CARE

GENERAL INFORMATION:

- Arrange to have someone spend the first two days with you following surgery.
- Its ok to ambulate around the house with assistance, but do not exercise.
- May go to the bathroom with assistance as needed.
- Take pain medications as ordered by your physician. Have someone else give you your medications according to the proper time intervals. Under such circumstances, you could forget and take them too often.

WHAT YOU CAN EXPECT:

- Moderate discomfort
- Moderate swelling
- Drainage around the incision sites. This drainage can appear bloody, but the fluid is usually watery. If this is thicker than watery fluid, please call the office.
- Black and blue discoloration
- No alcohol for five days after surgery.
- Oral fluid intake is encouraged.

CONTACT YOUR PHYSICIAN (402.483.2572) IF ANY OF THE FOLLOWING OCCUR:

- An oral temperature greater than 101 degrees F.
- Redness, swelling or large amounts of drainage from the incision sites.
- Severe pain not responding to pain medications.
- Unable to urinate within 12 hours of discharge.
- If any other question or problem arise.

ACTIVITY:

- After 24 hours, you may remove the support binder to shower, but otherwise wear the support binder continuously.
- Resume activity as instructed by your physician.
- It is suggested to start massage to the areas treated as soon as tolerable. This will be uncomfortable to start. Begin with light pressure using some lotion that allows the fingers to glide over the area directing the fluid to regional lymph nodes. Do not massage the incision locations. Increase the intensity of the massage as tolerated. Some people would prefer to have a physical therapist do this for them and some prefer to do it themselves. Please contact us for more thorough instructions.