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HOME CARE AFTER LIPOSUCTION & ULTRASONIC LIPOSUCTION

PLEASE FOLLOW THESE INSTRUCTIONS IN ADDITION TO THOSE LISTED ON THE **GENERAL HOME CARE AFTER PLASTIC SURGERY** SHEET YOU RECEIVED.

- UPON ARRIVAL HOME, REST FOR THE FIRST 12 HOURS WITH MINIMAL ACTIVITY ONLY. YOUR PAIN WILL PROBABLY INCREASE AS THE LOCAL ANESTHETIC LOSES IT EFFECT AFTER 8 HOURS. USE ASSISTANCE FOR USING THE BATHROOM. AFTER THE FIRST 12 HOURS, YOU MAY GRADUALLY INCREASE YOUR ACTIVITY AS TOLERATED. EXCESSIVE PAIN AND/OR SWELLING ARE SIGNS THAT YOUR ACTIVITY MAY BE INCREASING TOO RAPIDLY.
- WALKING IS CONSIDERED A SAFE EXERCISE THAT MAY BE RESUMED WITHIN FIVE DAYS. YOUR PRE-OPERATIVE LEVEL OF EXERCISE SHOULD BE ATTAINED WITHIN 4-6 WEEKS AFTER SURGERY.
- ALL SURGICAL GARMENTS AND DRESSING SHOULD REMAIN IN PLACE UNTIL YOUR FIRST POST-OPERATIVE APPOINTMENT THAT IS ABOUT ONE WEEK AFTER SURGERY. FOR THE SECOND THROUGH FOURTH POST-OPERATIVE WEEK, THE SURGICAL GARMENT IS WORN 23 HOURS PER DAY. IT IS REMOVED ONLY FOR SHOWERING. AND AFTER THE FOURTH POST-OPERATIVE WEEK, IT IS ONLY NECESSARY TO WEAR THE SURGICAL GARMENT WHEN DOING STRENUOUS WORK OR VIGOROUS ACTIVITY. IT IS IMPORTANT THAT THESE DRESSINGS REMAIN SMOOTH AND UNIFORM AT ALL TIMES BECAUSE LUMPY DRESSING WILL CAUSE UNEVEN PRESSURE ON THE TISSUES AND MAY RESULT IN UNEVEN SKIN CONTOUR.
- IF ANY OF THE FOLLOWING SITUATION SHOULD OCCUR, PLEASE CALL FOR ASSISTANCE:
 - SEVERE PAIN NOT RESPONDING TO PAIN MEDICATION, NAUSEA AND/OR VOMITING, EXCESSIVE SWELLING OR PAIN ON ONE SIDE, CONSTRICTING BANDAGES, UNUSUAL TINGLING AROUND THE LIPS, EXCESSIVE SLEEPINESS OR SLOW TO BE AROUSED OR SHORTNESS OF BREATH AND/OR CHEST PAIN
- IT IS COMMON TO SEE BLOOD-TINGED WATERY DRAINAGE FROM YOUR CLOSED INCISIONS. THIS IS NOT FRESH BLEEDING SO DO NOT BECOME ALARMED. BEFORE THE SUCTION LIPECTOMY BEGINS, THE TISSUES ARE INFILTRATED WITH LITERS OF SALINE CONTAINING ANESTHETIC (XYLOCAINE) AND VASOCONSTRICTOR (EPINEPHRINE). THE BODY ABSORBS MOST OF THIS FLUID BUT SOME LEAKS FROM THE SURGICAL SITES. YOU MAY HAVE MODERATE TO SEVERE BRUISING AFTER SURGERY. YOU SHOULD NOT BE ALARMED, THIS IS NORMAL AFTER LIPOSUCTION.
- SWELLING WILL OBSCURE THE RESULTS FOR WEEKS TO SEVERAL MONTHS. THE FINAL CONTOUR MAY NOT BE EVIDENT FOR NEARLY A YEAR.
- AFTER ULTRASONIC-ASSISTED LIPOPLASTY THERE MAY BE SOME DELAYED HEALING OF YOUR INCISIONS OR TENDER THICKENING OF THE TREATED AREAS FOR MONTHS DUE TO THE HEAT GENERATED BY THE PROBE. THIS WILL RESOLVE.
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- MINOR CONTOUR IRREGULARITIES MAY NEED ADDITIONAL LIPOSUCTION OR FAT GRAFTING TO CORRECT.