

**Pelosi Medical Center**  
**LIPOSUCTION**  
**POST-OPERATIVE INSTRUCTIONS**

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**Going Home:** You should not plan to drive yourself home. We recommend that you have a responsible adult be with you on the day of surgery.

**Diet:** Resume your usual diet immediately, but eat light meals in the first 48 hours. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration. Avoid drinking alcoholic beverages for one week before surgery and 48 hours after surgery.

**Activities:** Rest quietly immediately 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 may take a short walk if desired. The day after liposuction surgery you should feel well enough to drive your car and engage in light to moderate physical activities. You may carefully resume exercise and vigorous physical activity 2 to 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 one to two days after surgery, although one must expect to be sore and easily fatigued for several days.

**Post-op Soreness & Swelling:** You may take **two Tylenol Extra Strength (Acetaminophen) 500 mg** capsules or tablets three to four times daily as needed after surgery, to help minimize postoperative swelling and any minor post surgery discomfort. If for some reason Tylenol is not acceptable, then notify us at 201-858-1800 so that we can arrange for a suitable substitute. Do not take aspirin, ibuprofen or medications that contain these drugs, such as Bufferin, Anacin, Advil or Nuprin for 3 days after surgery; these can promote bleeding.

**Post-Op Garment:** After tumescent liposuction a post-op garment is worn in order to hold the absorbent pads in place and to provide mild compression that encourages the drainage of the blood-tinged anesthetic solution. The morning after surgery, when you remove the garment to take a shower, you may experience a brief sensation of dizziness. Feeling lightheaded is similar to what you might experience when standing up too quickly. It is the result of rapid decompression of the legs as the post-op garment is initially removed. Should you feel dizzy, simply sit or lie down until it passes.

Unless instructed otherwise by Dr. Pelosi, beginning the day after surgery, remove the post-op garment daily prior to showering and to wash the garment. For the first morning after surgery you should have someone to help you. The post-op garment should be worn day and night until **all** the drainage has **completely stopped plus an additional 24 hours**. Do not be concerned if you drain for several days. Discontinuing the use of the garment and binder early may result in more prolonged drainage. Typically, patients need to wear the garment for 4 to 6 weeks, although many choose to wear the garment longer because of the comfort it provides. Wearing the post-op garment for more than the minimal number of days provides no significant advantage in terms of the ultimate cosmetic results.

**Managing Post-Op Drainage:** You should expect a large volume of blood-tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours following liposuction. 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, you may want to place a plastic sheet beneath the towel. For the first 24 to 36 hours, bulky super-absorbent pads are worn under the garment. After most of the drainage has stopped, you need only place thin absorbent gauze dressings over the incision sites that continue to drain.

**Wound Care & Bathing:** Keep the incisions clean. Do not allow scabs to form in the first 72 hours. Shower once or twice daily. Avoid very hot water during the first 48 hours following surgery. First wash your hands, then wash incisions gently with soap and water; afterwards gently pat incisions dry with a clean towel. Apply new absorbent dressings. Incisions that have stopped draining no longer need padding but should be covered with Vaseline or Aquaphor in the first six weeks. Apply sunblock to any exposed incisions in the first twelve (12) months after surgery to prevent hyperpigmentation. **Take antibiotics as directed until the prescription is finished.** Take antibiotics with food. Call our office if you notice signs of infection such as fever, foul smelling drainage, or local redness, swelling, and pain in a treated area. **DO NOT apply ice-packs or a heating pad** to skin overlying the areas treated by liposuction. **DO NOT apply hydrogen peroxide or plastic Band-Aids** to incision sites. **DO NOT soak in a bath, Jacuzzi, swimming pool, or the ocean** for 7 days after surgery.

**Common side-effects** of tumescent liposuction: **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 upper chest may occur after liposuction 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. **Bruising** is minimal with tumescent liposuction. Nevertheless, the more extensive the liposuction surgery, the more bruising you can expect. **Pain and swelling** due to an inflammatory reaction to surgical trauma may occur and increase 5 to 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 25mg capsules/tablets as directed on the packaging. Be aware that Benadryl causes drowsiness. You may also try using oatmeal soap. After 7 days (as long as the incisions are closed), you may soak in a bath with an Oatmeal bath preparation. Benadryl and Oatmeal products may be purchased at most drugstores.

**Schedule a follow-up appointment** at our office at 1 week after surgery. Please contact Marco Pelosi II/III, MD by telephone (24 hours per day) at **201-858-1800** if you have any urgent questions.

I acknowledge that I received my post-procedure patient instructions and that they were explained to me.

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Patient Signature

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Date