



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

POST OP INSTRUCTIONS FOR LIPOSUCTION

AFTER SURGERY:

1. Pain medication and antibiotic prescriptions will be given to you on the day of surgery.
2. If indicated, a long-line supportive girdle (without crotch) or an abdominal binder should be worn constantly after surgery, but *should be smoothed out or repositioned 3 to 4 times daily*. If not, you could get a permanent line or groove in your skin where a seam or wrinkle has been sitting all day.
3. You should plan sedate activity for the first week. It is not necessary to stay in bed during this time.
4. Usually by the second day we will remove, or have you remove your bandages, after which you can shower. Leave on the steri-strips over each incision for 1 week.
5. Do not be alarmed by the swelling and bruising that occurs in the suctioned areas. This will increase for 36 hours and then slowly decrease in the next several weeks. The bruising often drifts downward during the first 4 to 5 days.
6. Do not be alarmed if you notice areas of rippling in the suctioned areas. This will improve over a period of time, but final results should not be expected for at least 6 months. Begin massaging the areas post-operatively as they become less tender and sore to prevent this.
7. If tape is applied to skin, watch your skin for irritation and blistering from the tape. If this occurs, peel the tape back and trim it until you see non-irritated skin. If there are any raw, open areas under the tape, apply antibiotic ointment.
8. You may have a Foley catheter inserted in your bladder for surgery. *Call the office if you do not urinate within 6 hours after the catheter is removed.*
9. Drink plenty of fluids like water, sports drinks or juice. This surgery can make you dehydrated.
10. You will have a large amount of bloody drainage for the first 24 hours. Do not be alarmed. This is normal. You may want to put plastic on the bed, couch or car seats because you can drain through your bandages and clothes.
11. The first 24 hours to 2 days, you may feel faint or dizzy when getting up and walking. If you feel faint, lay down wherever you are.

***** SURGERY AND SMOKING DO NOT MIX *****

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at: **949-640-0999**