



## *Plastic Surgery by Bram Kaufman, MD, FACS*

*Experience & Compassion*

216-778-4450 Office

216-778-7800 After Hours

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### **Post-Operative Instructions for Liposuction**

#### **DIET:**

Most people can resume a normal diet the evening of surgery. If you feel queasy or nauseate, start with clear liquids or soup. Advance your diet as tolerated to a regular diet. You may experience some constipation as a result of the pain medication. I recommend a trial of over the counter laxatives such as Milk of Magnesia. If this is not sufficient, then a dulcolax tab or suppository may be necessary.

#### **ACTIVITY:**

I encourage you to be as active as possible in the first few post-operative days and wiggle your toes to keep the blood flowing in your legs while sitting or lying in bed. Walking short distances in the first few days is fine. Mild physical exercise can be resumed as soon as you are able, but I encourage you to refrain from heavy exercise until we discuss it at your first post op visit.

#### **WOUND CARE:**

Expect **considerable drainage** from the areas that underwent liposuction. This drainage may seem like a very large volume and mostly consists of the anesthetic fluid we infiltrate during the liposuction. It **will** look quite bloody the first day and will drain quickly during changes in position, such as sitting or standing up in the bathroom. The actual amount of blood loss is very small even though the fluid looks bloody. I recommend you take precautions to avoid staining your bedding the first couple of nights. The drainage usually decreases by the first post operative day and is done by the second.

Leave the surgical compression garment and the foam padding in place until the first follow-up appointment. Please leave the garment in place and do not remove the garment if you need to change the dressings. You may change the gauze if it becomes saturated by rolling up or down the garment, or opening a small area of the zippered edge if you have that type of garment.

Any residual surgical soap (yellow) or marker can be gently removed with rubbing alcohol.

Swelling, bruising, redness and of the skin is normal and will resolve over time. Numbness of the skin is also normal and will improve in several months.

BATHING:

I ask that no showers are taken until the first dressings are removed (sponge baths are ok).

PAIN CONTROL:

Take the narcotic pain medicine as needed. In two days it is recommended you take 600-800 mg of Ibuprofen (Motrin, Advil etc.) every 6-8 hours as needed. This can be taken with the narcotic. Please do not drive until you are no longer taking the narcotic and are free of significant pain.

EMERGENCIES:

If there is a problem, please call me, my office or the resident on call. Most issues are easily addressed and do not require significant intervention.

The most common emergencies that might need attention are:

- Nausea that lasts 4 hours or more and does not respond to medication
- Bleeding that is persistent and uncontrolled
- High fever lasting more than a few hours and not responding to medication
- Shortness of breath or chest pain
- Leg swelling
- Loss of consciousness

If you feel the situation is urgent, call 911 and/or proceed directly to the closest emergency room. Please call us as well.

FOLLOW-UP:

Follow-up is typically in 5-7 days and should be scheduled by calling Dr. Kaufman's office at 216-778-4450 if it has not already been arranged.

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