

## After your Liposuction

---

### Instructions and Information from Dr. Dauwe

You will be drowsy following surgery- we have given you medications to help make you more comfortable. Expect to wake and doze on and off during the evening, so make yourself comfortable when you get home. The drowsiness will disappear in the evening or overnight. The day following your surgery, you will feel a bit tired, but go ahead and begin to try and resume your normal activities “walking, sitting, etc.”

You may be a bit “stiff” when you first wake in the morning following surgery. Go ahead and move about without fear of disrupting anything. I have carefully reinforced all of your incision areas so that anything short of drastic athletic activity will not affect them.

It’s not unusual to have some nausea following surgery. Although we’ve given you nausea medications, these medications are only about 80% effective, and you may still experience a bit of nausea. If so, simply relax, and don’t try to eat any heavy foods- just try clear liquids and work your way up to solids foods.

You have been given a prescription for pain medication. Please take a pill before bed the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation). It’s a good idea to take another pill the morning following surgery, since you may feel a bit stiff and uncomfortable when you being to move about. If the pills disagree with you in any way, simply try Extra-Strength Tylenol. Discomfort following surgery is generally mild to moderate. This can last several days to 2 weeks following surgery. If you start to experience significant pain, please notify the office immediately.

You received antibiotics in your IV prior to surgery. Infection following any type of plastic surgery is extremely rare. Infection is usually not apparent for several days following surgery. If you notice significantly increased redness or swelling accompanied by tenderness or fever at any time, call so that we may examine you. It’s normal to experience temperature elevations to 101° F following surgery for many patients. If your temperature elevates about 102° F please notify our office immediately.

The custom fitted elastic garment which we place at the time of surgery should be worn as much as possible for two weeks. You may remove it to shower. The purpose of the garment is to prevent accumulation of the fluid in the areas where fat has been removed. The more you are able to wear the garment in the first two weeks, the less fluid will accumulate. If you are able to wear the garment most of the time for two weeks, very little fluid will accumulate, and this will allow you to see the final result following surgery much sooner. After two weeks, you continue with a more comfortable support i.e. SPANX, Under Armour or any other Shapewear type of clothing.

You may shower the day following surgery. Do not bathe or submerge the incision areas for the first 2 weeks. Towel dry after showering. Leave the small tapes in place over the incisions. If they become loose, you may remove them, otherwise you may remove yourself at 2 weeks after surgery. All incisions are carefully and tightly closed by stitches placed beneath the skin. These stitches will dissolve themselves, and the incisions are not harmed by showering.

# LEMMON AVENUE

PLASTIC SURGERY & LASER CENTER

As soon as the tenderness has resolved over the areas where we have suctioned, you may massage them gently by hand or even using a rolling pin. This gentle massage stimulates blood flow in the area, and may help in resolving swelling and accumulated fluid. Extensive or systematic professional massage is unnecessary.

Bruising and discoloration of the skin as well as tissue firmness and swelling will be present for several days to weeks. Treated areas may feel slightly “numb” to touch for several weeks. You may resume athletic activities gradually starting at 3 weeks after your procedure.

The degree of swelling will be different on the two sides- even though the same procedure has been performed. Do not worry about any differences in swelling or bruising which you see for the first three weeks after surgery.

If you have additional questions or should any problems arise, please contact the office immediately by phone at 214-821-6580