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DERMATOLOGIC, MOHS MICROGRAPHIC & COSMETIC SURGERY



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POST- OPERATIVE INSTRUCTIONS FOR TUMESCENT LIPSUCTION SURGERY

1. You will leave the office wearing a support garment that will cover your surgical site. This garment is to be worn continuously for 24 hours following surgery. You will need to sponge bath rather than shower during this time. After the first 24 hours you may remove the garment to shower and change your pads. Then replace the garment. Be careful, as the first time you remove the garment you may become a little light headed or dizzy. Following liposuction of your neck / jowls you should wear your garment at all times (except when showering) for 2 days. For liposuction of all other areas you should wear the garment at all times (except when showering) for the first week. After that, wear your garment at night only for the next 5 days.
2. You will have some drainage from your incisions for one to two days after surgery. It is normal for this drainage to be blood-tinged.
3. Post-operative discomfort can usually be controlled with Extra-Strength Tylenol /Acetaminophen. taken every four (4) to six (6) hours if needed for pain. Post-operative soreness will gradually subside over the next several days. You should avoid aspirin, Motrin or similar medications, for 1 week as they may increase bruising.
4. Swelling is expected and may persist for two to three months. The actual "final result" may not be completely evident up to 6 months.
5. You may experience some bruising and temporary numbness and lumpiness over the treated area. These will typically resolve completely over the ensuing weeks.
6. Do not submerge your incision sites in bath water, swimming pools and hot tubs for at least one week following your surgery.
7. Light exercise such as walking 2-3 miles should be started on the next morning after your surgery. More strenuous exercise can be started after seven (7) days. Start gentle massages (light kneading motion) to operated areas after seven (7) days, 10-20 minutes each area, two (2) times daily.
8. Because of the medications that were used during your surgery, you should not drive until the following day. You should arrange for a driver to take you home after your procedure.
9. Hot and cold compresses should not be used following surgery.
10. There are no dietary restrictions other than no alcoholic beverages for 48 hours after surgery. It is important that you drink plenty of fluids for several days after surgery.
11. Your first post-operative visit is on _____ at _____.