

POSTOPERATIVE INSTRUCTIONS

Liposuction

Our goal is to ensure your safety, help you have the best outcome possible and help you feel comfortable during your recovery. Please follow these instructions on how to take care of yourself following your procedure.

GOING HOME:

- After your surgery, your surgeon will check on you before you are discharged and the nursing staff will ensure you are ready to go home. Please arrange to have someone drive you home the day of your surgery. To ensure your safety, you are required to have a responsible adult stay with you for the first 24 hours after your surgery.

IMMEDIATELY AFTER SURGERY:

- After surgery, it is important for you to rest. You may sleep on your back or your side, depending on which position is the most comfortable.
- It is equally important that you move your body to ensure you do not get blood clots. Please ensure you get up to go to the washroom and move your legs etc. In the days that follow, go for frequent short walks around the house to keep your body moving. Your aim should be to be up walking every waking hour of the day.
- During the first 36 hours you may wish to place absorbent towels beneath you while sitting or resting to protect your furniture from any unexpected leak of blood-tinged drainage.
- You may experience nausea from the anesthesia following your surgery. You may wish to start with clear fluids and slowly proceed to a soft diet when you are able to do so.
- It is also very important that you stay hydrated, so please ensure you drink plenty of liquids (non-alcoholic).

THE GARMENT:

- You have been provided with a garment to hold your dressings and support your surgery in the optimal position. Please wear it 24 hours a day, including to sleep at night, for the first 6 weeks. It should be tight enough to feel supportive, but not restrict your breathing. The garment should not cause puckering or indentations where the liposuction or fat grafting has been performed. Please let our office know if the garment provided is uncomfortable or fits poorly.
- You may wash the garment as required, but please be sure you keep your movement/activity to a minimum while you are not wearing the garment.

DRAINAGE:

- You can 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. For the first 24 to 48 hours, bulky super-absorbent pads are worn overlying the treated areas, and under the compression garments. After most of the drainage has stopped, you will only need to place absorbent pads over the incision sites that continue to drain.

- It is possible that your surgeon may place drains. This is to prevent fluid from collecting under the skin. Fluid will range in colour from purple/red to pink/yellow. Your nurse will instruct you on how to empty the drains and record the volume at home. The drains will be removed when daily total volume is less than 20-30cc for two consecutive days (usually between 5 – 10 days after your surgery). After your drains are removed, you may notice pink/yellow fluid leaking from the drain holes or incisions. Contact our office if this does not slow after 2 more days. If you have drains, please keep the sites dry and sponge bath only.

INCISIONS:

- You will have several small incisions, which will all have dissolvable sutures. It is important to keep the incisions clean and dry.
- You may shower on the day after surgery (if you do not have drains). Remove the outer padding and gauze (yellow or red drainage on the dressing is normal). Please keep the tape on the incisions, this will be removed during your post op visit. Shower normally, then pat the tape dry or gently blow-dry. If you do have drains, please wait to shower until after your first postoperative visit.
- If there is drainage, cover your incisions with gauze and put your post op garment back on.

PAIN & MEDICATION:

- It is normal to have pain and discomfort following your procedure. Please take following medication as directed:

<input type="checkbox"/>	Tylenol
<input type="checkbox"/>	Ibuprofen
<input type="checkbox"/>	Other: _____

<input type="checkbox"/>	Prescription Medication: <u>Celebrex (Celecoxib)</u>
<input type="checkbox"/>	Prescription Medication: <u>Morphine</u>
<input type="checkbox"/>	Prescription Medication: <u>Antibiotic</u>

- Please take Tylenol and Celebrex (Celecoxib) as directed after your surgery. Do not wait until you are uncomfortable before taking your next dose. Maintain baseline comfort with these medications for the first few days after your surgery. If you require additional relief after taking Tylenol and Celebrex, you may take morphine or another prescribed pain medication as directed.
- If you have been provided with a prescription for antibiotics, please ensure you take the medication as directed.
- If you have worsening pain not controlled by your medication, please contact our office for instructions.

ACTIVITIES:

- Please avoid heavy lifting (over 10 lbs), weight training, jogging, swimming and other strenuous activities for 6 weeks after surgery. However, low impact activities such as walking are strongly encouraged. Your surgeon may advise you on other specific restrictions based on your case.
- Please no smoking. Smoking may increase the chance of complications.
- Please do not swim in lakes, pools or use hot tubs for at least 2 weeks following surgery.
- It generally takes up to 6-8 weeks to feel normal again and resume regular activities. Please ask your surgeon if you have any questions about activity level during the healing process.

WORK:

- You will likely be ready to return to work within 2-6 weeks depending on your occupation and type of physical exertion required. If you require a medical note for your employer, please contact your Patient Care Coordinator and they will be happy to help you.

DRIVING:

- You must be pain free and off all pain medication before driving. You may wish to take a licensed adult with you for your first short trip.

THE RESULT:

- You will be swollen for several weeks and your body contour will gradually settle into position over several months. It can take 6 to 12 months to see the final results from this procedure.

If you have any of the following, call our office (during business hours), your family doctor or present to the Emergency Department:

Signs of Infection:

- Pus-like drainage from the incisions, grey or green.
- Redness that spreads beyond the incisions.
- New pain, getting worse after 3 or 4 days.
- Fever, chills, sweats, aches and pains (flu-like symptoms).

Signs of Blood Collection:

- Rapid swelling, pain and firmness.
- Pain and swelling in one or both legs.
- Inability to urinate

Questions not addressed by this handout

Special Instructions: _____

POSTOPERATIVE CALL:

- The nurse assigned to your care may call you the day after your surgery to check in. Please let her know of any questions or concerns.

FOR AFTER-HOURS EMERGENCIES:

- Call the Queensway Carleton Hospital at 613-721-2000 and the Plastic Surgeon on-call will be paged.

FOLLOW UP APPOINTMENT:

- Your Patient Care Coordinator will call you to confirm your appointment. Please call us at 613-232-7777 if you have any questions or concerns.

YOUR APPOINTMENT HAS BEEN SCHEDULED FOR: _____