

POST OPERATIVE APPOINTMENT IS SCHEDULED FOR

If you need to schedule or reschedule please contact Sunny at 501-224-1859

POST OPERATIVE INSTRUCTION LIPOSUCTION

1. After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
2. It is important to be walking early and frequently, move your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk for blood clots.
3. Please take deep breaths frequently to keep your lungs clear (15-20 per time). A light diet is best for the day of surgery.
4. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet as the above foods are tolerated.
5. Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. The pain medication we have prescribed should relieve your discomfort. You may take the pain medication every 3-4 hours as needed for the first 2-3 days after the surgery for pain and/or discomfort. It is best to take pain medication with crackers, jello, etc. Do not drink alcohol while taking pain medication.
6. It is important to refrain from any strenuous activities for 3 weeks after surgery. Keep the heart rate below 100 beats per minute. Gradually work to pre-surgical activities beginning slowly at the second week.
7. The girdle must be worn **AT ALL TIMES** for **THREE WEEKS**. You may remove the girdle beginning on the second day before showering. Be sure that someone helps you remove the girdle the first time you take it off. Some people feel dizziness/light headed when the girdle comes off. This is normal. Sit or lay down for about 20 minutes **BEFORE** you shower. You can put the girdle in the washer and dryer while you are showering and then put it back on in 1-2 hours. You then wear the girdle at night for three weeks.
8. The body retains fluids in response to surgery so do not expect to see any immediate weight loss for the first 2-3 weeks. Bruising and firmness may be notice during this time frame.
9. Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. Massage can begin 2 weeks after surgery. It is normal to have an itching sensation and/or numbness following surgery in the areas that underwent liposuction. This will gradually subside over the next 2-3 months.

Additional information is in the Pre-Operative Packet given at the time of Consult!

If any questions are concerns arise **PLEASE** call Dr. Love's office at 501-224-1859 or after hours the plastic surgeon on call at 501-663-6900.

