

LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

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Post Operative Instructions

Procedure: Liposuction

1. You must spend the first evening following your surgery with an adult.
2. Post operative pain should be moderate. Take the pain medication prescribed as directed. Be sure to take the phenergan with the pain medication in order to minimize post operative nausea.
3. Pain medication can cause constipation. Please take a mild stool softener such as Colace once in the morning and once at night while on pain medication.
4. Drink plenty of water. Water will help flush out the residual anesthesia, as well as reduce swelling and constipation.
5. If you should have a fever of 101.6 or greater, please contact the doctor immediately.
6. You should expect to have some blood stained fluid oozing from the liposuction sites. This should decrease in quantity and stop over the first 24 to 48 hours following surgery.
7. In order to prevent staining, please line your bed, couch and car with old sheets, garbage bags, etc. before leaving for surgery in the morning.
8. Please do not wear anything binding around surgical area such as waist, abdomen, thighs. Abdominal binders, and any other garments that are not approved by our office may not be employed. A proper post surgical garment will be recommended and ordered for you by our staff. Always wear loose fitting clothing until instructed otherwise.
9. Bruising and swelling is expected in the areas operated upon. This should resolve over time. Swelling of the extremities is expected and should be treated with regular elevation of the extremities. Seromas are common and will be treated by aspiration as needed. They usually become more apparent 10 to 14 days following surgery.
10. You may shower 24 hours following your surgery. Any bandages on the surgical sites should be removed prior to bathing, leave steri-strips in place. Please use warm water. If you prefer a bath, limit your time in the tub to 5 to 10 minutes.
11. Your first post operative visit will be on _____
12. If you should have any questions or problems please call the office immediately at **631-864-4111, and the doctor will return your call as soon as possible. DO NOT USE EMAIL OR TEXTING FOR EMERGENCIES.**