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PLASTIC SURGERY

Care after Liposuction

This page contains answers to frequently asked questions regarding your care after a liposuction. This information will help you remember the instructions given to you after surgery.

What will I see when I look into a mirror?

You will have a surgical compression garment and foam dressings in place. You are to leave all dressings in place until the first post op follow up appointment. Expect considerable drainage from the areas that underwent liposuction. It may look bloody the first couple days and will drain with changes in position. The drainage decreases significantly after the first couple of days post op. It might be messy, so we recommend to take precautions to protect your bedding for the first couple of days.

When can I shower or take a bath?

We ask that no showers are taken until the first follow up appointment when the dressings are removed. Sponge bathing is fine as long as dressings are not submerged or saturated.

What can I do after surgery?

We encourage you to walk as early as the day of surgery. Wiggle your toes to keep blood circulating to your legs when you are sitting or lying in bed.

Walking short distances is fine, and mild physical activity can be resumed as soon as you are able, but we encourage you to refrain from heavy exercise until we discuss this at your post op follow up visit.

When can I drive?

You generally should be able to drive in about 5-7 days after surgery if you feel up to it. You should not drive if you are still taking prescription pain medication.

How much pain will I have?

The most discomfort that you will have lasts 5-7 days, sometimes longer. As you feel more comfortable, your need for medication will lessen.

What medication should I use?

I will prescribe a narcotic pain medication for you to use as needed after surgery to control your post-operative pain. Follow the directions on the bottle for their use. Do not take any extra Tylenol while on the narcotic pain medication. Once you no longer need the prescription pain medication, you will be able to take Tylenol for pain.

Do not take Ibuprofen or similar medications for 7 days after surgery

Can I drink alcohol?

Do not drink alcohol for 5-7 days after your surgery or while taking narcotic pain medication.

When will I be seen in the office after surgery?

You will normally be seen within 5-7 days after surgery, then a few additional appointments for up to one year to monitor wound healing and surgical results.

How will I know if I am having a problem?

Urgent problems after liposuction surgery do not occur frequently. These are complications that will require a change in your post-operative care:

Nausea that lasts more than four hours and does not respond to medication

Bleeding that is persistent and uncontrolled

High fever lasting more than four hours and is not relieved with medication

Breathing problems after liposuction are rare but can be a serious complication. If you develop any chest pain or shortness of breath; you must contact the office or be seen in the nearest emergency facility without delay.

Medication reactions may occur with any drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and call the office.

If you have any of the above problems or other questions, contact my office at 440-461-7999.