

## **Postoperative Instructions after Liposuction**

- Take medicines regularly as advised.
- Have someone stay with you at all times during first 24 hours if you are not in the hospital.
- Pain and moderate swelling of the part and leakage of bloodstained fluid is usual after surgery. Call Dr. Priti in case of any unusual developments like, fever above 100 degrees F or excessive swelling on one side only.
- Sore throat after surgery is common if general anaesthesia was given and a tube was put in your throat for breathing. Use salt water gargles thrice a day, strepsils tablets and sip warm liquids. Avoid chilled drinks.
- **Soakage of dressing:** You may need to change pads as and when needed during first 2 days due to drainage of blood stained fluid through liposuction holes.
- **Body / Back aches** may develop following prolonged surgery due to your position on operation table. Take pain pills, stretch the body part and have someone massage the part (only if that part has not been operated upon). Warm water bag may be applied but not to the operated part.
- **Leg swelling:** Mild leg swelling can occur after abdomen or leg liposuction because of tight compression garment and the water retention by body. Similarly hand swelling can occur after arm liposuction. . Keeping the legs( or arm) elevated , removing the garment for some hours, wearing compression stockings upto knee , avoiding prolonged standing and reducing salt intake helps.

- **Bath:** Sponge bath from day one after surgery- keeping the dressings dry. You can have shower usually 3-4 days after surgery as advised. Do not sit in bathtub. Use lukewarm tap water and savlon soap. Let the dressing soak in water so that they come off easily.
- **Dressing:** After bath dry yourself with fresh towel gently, put the antibiotic ointment on the liposuction holes liberally and put STERIPADS( 10 cm) available in medical shop. You can also fix the pad with MICROPORE( 3M) paper tape if necessary or simply tuck it inside the garment .
- **Pain:** Take the pain tablet 2-3 times a day on full stomach. After a week when you can start reducing the dose. Keep extra tablets ready for use whenever it is needed. Occasional pain and swelling can happen during next 3 months. Listen to your body and exert only as much as your body can tolerate.
- **New clothes:** Wait for at least a month for swelling to go down before buying new sized clothes.
- **Exercise:** No exercise for 2 weeks. Give another 2 weeks rest to the operated body part
- **Travel** is usually possible after a week or two on your doctor's advice.
- **Result:** First one month is not a good time to evaluate surgical outcome. True results can be appreciated only after the swelling goes down completely in 3 months time. Therefore do not look into the mirror too often or keep weighing or measuring yourself. Just relax.
- **Anxiety or depression:** Some anxiety or depression is not unusual after surgery. Be positive. Take your doctors help if these measures do not work.
- **Calling the doctor:** Dr. Priti is always available for your help. If you have a problem that can wait first try SMS / Email.

- **Postoperative followup:** Followup visits are usually at 48 hours, 1 wk, 1 month and 3 months, 6 months and one year. These visits are important for detecting any problems and treating them early to avoid any problems. This helps in maintaining your results of surgery and faster improvement in scars. You are not charged for these visits.
- **Maintaining the results:** Healthy lifestyle is the key to maintaining the results of body contouring. Aim to maintain or lose weight by following a sensible diet. Results can be further improved by muscle training which improves the tone of muscles. Weight gain is due to imbalance between intake and burning of calories. Maintain the balance and also use your surgery to motivate you to further improve your lifestyle.