

Mark H. Peters, MD, FACS

POSTOPERATIVE INSTRUCTIONS FOR LIPOSUCTION

Our goal is for you to achieve the best possible result from your surgery. This requires participation from both you and our staff during the postoperative period. You should be familiar with these instructions in order to make the postoperative course a smooth one. We are happy to answer any questions or concerns you may have regarding your postoperative care.

- You will have a compression garment which was put on in the operating room. **You may remove the garment to shower.** You can shower with the garment on also. The garment should be worn 23 hours a day (the other hour is to bathe, etc.). It is very important that this be done in order to achieve the best results from your surgery.
- Expect pink to red colored drainage for 24-48 hours after surgery. This will leak through the garment but will dry quickly.
- Avoid any strenuous physical activity including running or lifting children. Keep any lifting under 5 pounds. Light activity such as walking *leisurely* can resume after 2 weeks. Full activity will not begin for at least 6 weeks following the operation.
- Take the pain medication as prescribed.
- You may experience some nausea within the first 24 hours which could be the result of anesthesia. I suggest clear liquids and low fat foods for the first night. If nausea persists, then please call my office and we can prescribe medication if needed.
- You should begin drinking 3 liters of water a day, 3 days prior to surgery. This will help to hydrate you and prepare you for surgery.

GENERAL INFORMATION

- **WHEN TO CALL THE DOCTOR:** If any signs of infection such as an area of redness, oral temperature over 101F, foul smelling drainage, or pain which is not relieved with medication, then you must call immediately to be evaluated. Dr. Peters' office number is **(985) 223-2602**. After 5 PM, weekends, and holidays, your call will be transferred to our answering service.
- **STITCHES:** You will have stitches which will be removed at about 10-14 days.
- **SMOKING:** We advise that you do not use any tobacco products for at least 14 days following your surgery.
- **ALCOHOL:** Alcohol dilates the blood vessels and may increase the chance of post-operative bleeding. It also contributes to dehydration. Please do not drink until you have stopped taking the prescription pain pills as this combination can be dangerous.
- **DRIVING:** Please do not drive for at least 7 days following the surgery. You should not drive while taking any prescription pain medication.

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- **EXPOSURE TO SUNLIGHT:** It is recommended that you protect the incision lines from the sun for at least one year following surgery. Even with a bathing suit, sunlight can still reach the skin so application of sun screen is recommended.
- **ITCHING:** Benadryl (over the counter): 25-50 mg every 6 hours.
- **GAS:** (caused by pain medication): Phazyme gel tabs.
- **CONSTIPATION:** (Caused by pain medication): Fruit juices, eat canned fruit, Colace or Senecot stool softeners.
- **FEVER:** (without chills or body aches and less than 100 degrees): Two Tylenol every four hours. Look carefully at the incisions for any possible signs of infection.
- **POSTOPERATIVE APPOINTMENTS:** It is very important that you follow the scheduled appointments we establish for you after surgery.

You may continue to use your prescribed narcotic medication as directed. Please ask Dr. Peters prior to initiating any other medications such as Ibuprofen or Vitamin E.

I have reviewed the postoperative care instructions with _____; I understand these instructions and a copy has been provided to me.

Patient _____ Date _____