

THE FIRST GLANCE

Liposuction Post-Operative - Home Care Instructions

Supplies to have at home:

- **Your prescription medications**
 - **Gravol** (oral medication *and* suppositories)
 - **Stool softener** (*ie: Restorolax/Lax-a-Day/Senokot*). *Used to prevent constipation- **start if no BM for 2 days*
 - **Reactine** (anti-histamine to help with itchiness associated with medications or wound healing)
 - Kotex or similar sanitary napkins (pads) or gauze
 - Band-aids
 - **Medical Grade Compression Garment** given day of Pre-op
- *pls bring Garment with you on day of surgery
- Garbage bag and/or old towels to protect the seat of the car you ride home in
 - Gatorade /Powerade or similar

Take your pain medication as directed when you get home. You may find these do not eliminate your discomfort 100%, but you will feel more comfortable. Pain is expected, the goal is to make the pain tolerable.

Liposuction (Body):

You will need to purchase a medical Grade compression garment or Spanx®.

The garment will need to be worn 24 hours/day for 2 weeks, then 12 hours/ day for 2 more weeks (preferably 12 consecutive hours), unless stated differently by the surgeon. The garment will help to aid in skin retraction, control swelling, and reduce your risk of complications.

Massage of the Liposuction areas is recommended, if you see a regular massage therapist you may book an appt for Liposuction massage starting 2 weeks post-op.

It is very important that you stay hydrated after your surgery, **the evening of your surgery please drink Gatorade, Powerade, or other similar electrolyte replacement beverage**. After the first evening, staying hydrated with water is recommended.

You may remove the garment to shower @ **24 hours** post surgery. Drainage of excess fluid is normal after liposuction for several days. Have Kotex pads, Incontinent pads/diapers or thick gauze at home to change dressings. Wear clothing that you do not mind soiling. Please continue to keep incisions covered for 2 weeks with regular Band-aids, or clean pantyliners, changing these daily.

For all Lipo Procedures:

Bruising tends to last about 2 weeks. Swelling can be significant and initial subsiding can take up to 6-8 weeks and up to 10 months for the final result to show. Swelling can increase during your menstrual cycle from intra-operative fluid injections.

Recovery varies in individuals. Most feel uncomfortable for the first couple of days and depending on their occupation and extent of the surgery can return to work within 1 week post-operatively.

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Light exercise can usually begin 1 week after surgery and more strenuous exercise 3 weeks post-operatively. Remember that it is important to follow an exercise maintenance program to achieve the greatest results from the surgery.

Please phone our office if you have any questions or concerns.

*Do not sleep with pets in the bed to avoid infection

*No baths, hot tubs, swimming pools, and lake water for 4 weeks or until your incisions are fully healed in order to avoid infection

*Avoid exposure to second-hand smoke for at least the first few weeks after surgery

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- *Coughing up blood / Bloody diarrhea*

Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will inform you as to which clinic to visit for your follow up appointments:

First Glance Aesthetic Clinic
1851 Grant Avenue
Winnipeg, MB R3N 1Z2
tel: 204-885-1569

After Hour Care

If there is a concern about your surgery or your healing please call The First Glance Clinic at **204-885-1419**.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals

Evenings and Weekends or in case of emergency please page Dr. Brichacek at 204-898-9933

1851 Grant Avenue, Winnipeg, MB, R3N 1Z2
(204) 885-1569 | www.thefirstglance.ca | contactus@thefirstglance.ca
The First Glance Aesthetic Clinic & Surgery Centre