

# THE FIRST GLANCE

## LIPOSUCTION POST OP 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-*
- Reactine (anti-histamine to help with itchiness associated with medications or wound healing)
- Kotex or similar sanitary napkins (pads) or gauze
- **If Flank Lipo-** Depends (or similar adult diaper), bring day of surgery to wear home (drainage from lipo sites is normal), and change as needed for first few days
- Band-aids
- If you were given a garment at your pre-op appointment, please bring it back with you on day of surgery
- Garbage bag and old towels to protect the seat of the car you ride home in
- Gatorade /Powerade or similar

### **Medications:**

- 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.
- Take all medications as prescribed, ensure you finish your entire course of antibiotics even if you do not experience any signs of infection.
- Resume prescribed medications unless otherwise stated
- Follow all instructions which may accompany the medications such as: taking with food, avoiding alcohol and driving restrictions.

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

### **Dressings and Garment:**

- You will need a medical Grade compression garment or Spanx®. You will be measured at your pre-op and your garment will be here day of surgery, unless told otherwise.
- The garment will need to be worn approx. 20 hours/day for 3 weeks, then 16 hours/ day for 3 more weeks, unless stated differently. The garment will help to aid in skin retraction, control swelling, and reduce your risk of complications. When removing garment, do so when lying down, as releasing the compression could make some people light headed.

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- You may remove all dressings and 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, these can be changed as needed. Wear clothing that you do not mind soiling.
- You may be sent home with Foam. It can be applied to the liposuction areas once drainage has stopped as directed by Dr. Islur.

Lymphatic Massage of the areas is recommended, plan to make massage appts prior to surgery, Lymphatic massage may start 3-4 days post-op, or as soon as leakage/drainage from incisions stop.

## **Drain Care (if you have drains):**

- Empty drains as instructed and document drainage. Drains are removed once drainage is less than 30cc over 24 hours.
- Apply Polysporin to drain site and cover with gauze to absorb fluid that may leak out. This is normal and can occur for 1 week after drain have been removed
- Once removed, drain sites will close in 7 to 10 days.
- If there is a gush of fluid that occurs, this is likely fluid that was not picked up by the drain, this is normal.
- Get into the shower and gently push on your abdomen to encourage the fluid to drain out.
- If drainage persists or is predominantly fresh blood, contact Dr. Islur.

## **For all Liposuction 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 menstrual cycle.

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.

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**

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

\*No baths, hot tubs, swimming pools, and lake water for 3 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

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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*

## After Hour Care

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

If the clinic is closed (evenings or weekends) or in case of an emergency, please call Dr. Islur - 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

It is important that you follow these recommendations carefully so we can attain your surgical goals.

Visit [www.drislur.ca](http://www.drislur.ca) for more information