

SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

MATTHEW B. DOPPELT, D.O., F.A.O.C.D., F.A.A.D.

Post Procedure Instructions: **Tumescent Liposuction**

AFTER PROCEDURE:

- Postoperative drainage will occur following surgery and your garment may develop bloodstains around the incisions. Stomachs especially tend to ooze for up to forty-eight (48) hours after the procedure. Even though the fluid is red, it is only 1% blood with the remaining being the fluid that was previously injected.
- If you experience nausea and/or vomiting, it is probably due to the antibiotic or pain medication. Try taking the medication with food. If nausea and/or vomiting still persist, please call our office immediately.
- Have an adult stay with you the day of surgery.
- A prescription of an antibiotic was given to you prior to surgery. Please take the full course of the medication as directed.
- DO NOT take aspirin, aspirin-containing medications or ibuprofen for three (3) days after surgery.
- Drink plenty of clear fluids. We encourage at least eight (8) 8 oz. glasses (a total of 64 oz.) per day. Meals are not restricted.
- Postoperative discomfort usually takes the form of deep muscle soreness and usually improves within 2-7 days. If pain is severe, a prescription for pain medication may be given. Please contact our office.
- Wear both garments for 72 hours after the procedure. Wear one of the two garments for the remaining of two weeks.
- Rest for the first day. Take it easy for the first week. Resume normal activities after that. If you experience more than mild discomfort, you may be overdoing it and you should slow down. This, however, will not affect the results of your surgery.
- Therapeutic massage is optional, but may accelerate the healing process. Expect lumpiness and hardness for three to six months after surgery. Massage will help this.
- It is likely that you may experience depression symptoms during the first seven (7) days following surgery due to the swelling and bruising. This should improve once the swelling and bruising starts to subside, but it is important that you are aware of this side effect.
- Avoid sun exposure while you have bruising.
- You may have numbness for several months after surgery.
- Please keep in mind that you are trying to achieve significant improvement, not perfection. If expectations are realistic, then you are more likely to be happy with the final results.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.

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