

ORANGE COUNTY PLASTIC SURGERY
4501 Birch Street
Newport Beach, CA 92660
949-888-9700

POST-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION

It is imperative that a responsible adult spends the first 24-72 hours at home with you. Although you will be given medication for your discomfort, you will still find it difficult to move by yourself. Light-headedness and pounding headaches are also not uncommon initially.

You will be sent home wearing a surgical pressure wrap (binder), which will hold your dressing, if any, in place. You should not remove the pressure wrap for 24-48 hours. You may take a sponge bath during that time if you desire.

Oozing and drainage from your incisions is to be expected. Occasionally, your initial dressings are sufficient and will not require changing. But if a dressing becomes saturated and you wish to change it, simply replace it with a clean gauze pad (Kotex pads and diapers work nicely).

Please take all medications as directed with food, until the prescription is completed. This will decrease nausea and vomiting. Some patients will continue to feel nauseous; this usually subsides over the first 24 hours. When taking any pain medication, if the patient is not hungry, use 2 tablespoons of instant oatmeal/cream of wheat/malt-o-meal and wait 10 minutes, then take medication.

Please do not take Aspirin, Advil, Motrin (Ibuprofen), Aleve, or any other products containing these ingredients. Any other medications should be cleared by your physician.

You may take Extra Strength Tylenol.

After one or two days, you may remove the pressure wrap to shower. (Someone should be close by the first time you shower in case dizziness occurs). Except for showering, however, you should leave the pressure wrap on day and night until your first post-op visit with your surgeon. If the pressure wrap becomes soiled, you may remove it to wash and dry it before putting it back on. Do not soak in a bathtub, hot tub, or pool for one week post op.

After your initial post-op visit, we recommend that you continue to wear a supportive garment for the next two to three weeks but it does not have to be identical to the pressure wrap applied at surgery. For example, following hip or thigh liposuction, either a long girdle or supportive leotard/exercise tights work nicely.

The first day of surgery will be spent resting after which the patient is encouraged to walk and move about more. To minimize swelling and bleeding, activity should be limited, at first, to simply walking around the house or outdoors. Avoid any activity which causes you discomfort, but resume your normal activities when you are comfortable doing so.

There is no dietary restrictions post operatively. We encourage you to drink plenty of liquids (juice, soda, water), etc., to help replace the fluid volume you may have lost. You are cautioned however, to avoid alcoholic beverages while taking any medications for pain sleep or tranquilization.

You may resume driving 48 hours after your last pain pill but only if you feel comfortable and physically able to do so.

Please feel free to contact our office regarding any other questions or problems you may encounter.

If you have any questions or concerns please call the office at (949) 888-9700, after hours call Dr. Bunkis' cell at 949-413-8888.

() BY CHECKING THIS BOX I, OR MY CARETAKER, ACKNOWLEDGES THAT I

HAVE RECEIVED AFTER CARE INSTRUCTIONS AND THEY HAVE BEEN FULLY EXPLAINED TO ME.

Patient or Caretaker Signature
Time

Date/Time

Physicians Signature

Date/

PHYSICIAN COPY

IN CASE OF AN EMERGENCY DIAL 911

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Patient or Caretaker Signature	Date/Time	Physicians Signature	Date/
Time			

PATIENT COPY

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