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THE STERN CENTER *for* AESTHETIC SURGERY
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1370 116th Avenue NE Suite 102
Bellevue Washington 98004

Post-operative Instructions for Liposuction & Cellusmooth™

- **GOING HOME:**

You will need to have someone drive you home. It is required that you have a responsible adult be with you on the day of surgery. Resume your usual diet immediately, and have lunch ready when you arrive home from surgery. Drink adequate amounts of water, fruit juices, chicken broth or Gatorade to prevent dehydration. Avoid drinking alcoholic beverages for 3 days before surgery and 1 week after surgery. Limit caffeinated beverages for 1 week after surgery.

- **ACTIVITIES:**

Rest is recommended immediately after surgery. After surgery do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours after surgery. The day after liposuction surgery you should feel well enough to drive your car and engage in light to moderate physical activities. You may carefully resume exercise and vigorous physical activity 2 to 4 days after surgery. Most people can return to a desk job within one to two days after surgery, although you should expect to be sore and easily fatigued for several days.

- **POST OP GARMENT:**

After tumescent liposuction post-op garments are worn in order to hold the absorbent pads in place and to provide mild compression that encourages the drainage of the blood-tinged anesthetic solutions. The morning after surgery, when the garments are first removed in order to take a shower, you may experience a brief sensation of dizziness. Feeling lightheaded is similar to what you might experience when standing-up too quickly. It is the result of rapid decompression of the legs as the post-op garments are initially removed. Should dizziness occur, simply sit or lie down until it passes. Beginning the day after surgery, the post-op garments are to be removed daily to permit you to shower and to wash the garments. The garment should be worn for a minimum of 2 weeks after your surgery.

- **MANAGEMENT OF POST OP DRAINAGE:**

You should expect a small amount of blood-tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours following tumescent liposuction. In general, the more drainage there is, the less bruising and swelling there will be. During the first 36 hours, you should sit or lie on towels. For the first 24 to 36 hours, super-absorbent dressings are worn under the garment. After most of the drainage has stopped, you need only place thin absorbent gauze dressings over the incision sites that continue to drain.

- **WOUND CARE AND BATHING:**
 Keep incisions clean. Shower once daily. First wash your hands, then wash the incisions gently with soap and water; afterwards gently pat incisions dry with a clean towel. Apply new absorbent dressings. Incisions that have stopped draining no longer need padding. Take antibiotics as directed until the prescription is finished.
 Take antibiotics with food. Call our office if you notice signs of infection such as fever, foul smelling drainage, or focal redness, swelling, and pain in a treated area.

DO NOT apply ice-pack or a heating pad to skin overlying the areas treated by liposuction.

DO NOT apply hydrogen peroxide or plastic bandages to incision sites.

DO NOT soak in a bath, jacuzzi, swimming pool, or the ocean for 14 days after surgery.

COMMON SIDE EFFECTS OF TUMESCENT LIPOSUCTION:

- Menstrual irregularities with premature or delayed onset of monthly menstruation is a common side effect of any significant surgery.
- Flushing of the face, neck and upper chest may occur after liposuction surgery and usually lasts for a day or two.
- Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma.
- Discomfort and soreness is worse the second day after surgery, then improves daily. Use either your prescribed pain medicine or just take extra strength Tylenol alone to reduce the inflammation, swelling, and soreness associated with surgery. Do not take aspirin or ibuprofen or medications that contain these drugs, such as Bufferin, Anacin, Advil or Nuprin for 3 days after surgery; these can promote bleeding.
- Moderate bruising occurs with tumescent liposuction, the more extensive the liposuction surgery, the more bruising you can expect.
- Pain and swelling due to an inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery; this is treated with antibiotics and anti-inflammatory drugs.
- Itching in the treated areas several days after surgery may occur as part of the normal healing process. To help relieve the itching, you can take Hydroxyzine as directed. Be aware that Hydroxyzine causes drowsiness.

If you have any questions or concerns, call us at the office at (425) 455-9100. If you have an after-hours emergency, you may reach Dr. Stern directly by calling his cell phone at 425-628-7720.

These instructions have been explained to me. I understand it is my responsibility to follow them, and have been given a copy for reference.

Patient's Name

Witness

Patient's Signature

Date/Time