

**POST OPERATIVE INSTRUCTIONS: LIPOSUCTION**

**PAIN MEDICATION**

- Your pain medication contains a narcotic plus Tylenol.
- Take the pain medication as prescribed by Dr. Kryger. Remember not to take additional Tylenol on top of the prescribed pain pills.
- Don't wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

**DRESSINGS**

- Do not remove the steri-strips or paper tape that is directly on the incisions. Dry them after you shower.
- Any other dressings can usually be removed the day after surgery.
- Any incisions that are not covered by tape or steri-strips (e.g. the belly button) should be kept moist with antibiotic ointment applied several times a day.
- If you came out of surgery with a girdle or compression garment on, wear it at all times except in the shower for 2 weeks.
- It is completely normal for the incisions to leak pink fluid for several days after surgery.

**SHOWERING**

- You may shower the day after surgery, even if you have drains.
- Do not take a bath until instructed otherwise.

**ACTIVITY**

- Stay as active as possible. Walking, climbing stairs, and moving around helps the circulation and significantly reduces the risk of developing a blood clot.
- Avoid lifting, pushing, or pulling objects over 5 lbs until instructed otherwise.
- Do not exercise until instructed otherwise.
- You may drive once you are no longer taking pain medication.

**SWELLING**

- It is normal to have swelling and bruising at the liposuction site.
- This swelling will make it look like no fat was removed. Don't worry, the swelling will subside over the next 6-12 weeks.
- The bruising will subside over 1-2 weeks.

**EATING**

- It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.
- If you are nauseated stay hydrated by drinking water or clear liquids.
- Start with liquids, and progress slowly to solid foods. Begin with bland low fat foods such as crackers or toast.

**SLEEPING**

- Avoid sleeping on the liposuctioned area for several days (if possible).
- It is normal to leak fluid out of the incisions for several days after surgery. Make sure to sleep on dark sheets that you do not mind getting stained.

**COMPLICATIONS**

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30 pm or on weekends, the office phone will ring directly to Dr. Kryger's cell phone.

Call immediately if you experience any of the following:

- Chest pain, difficulty breathing or shortness of breath.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incisions.
- Drainage or fluid coming out of the incisions.
- A fever over 101.0 degrees.

**FOLLOW-UP VISIT**

**Call the office the day after surgery at (805)777-3877 to schedule your follow-up appointment in \_\_\_\_\_ days.**