

MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443 (24 hours)

If answering service does not pick up call 952-653-0784. In an EMERGENCY call 911

AFTER SURGERY INSTRUCTIONS **SUCTION LIPECTOMY (LIPOSUCTION)**

- Take medications as prescribed. See separate page.
- Bed rest with legs elevated on two or three pillows. You may get up to the bathroom with assistance as needed.
- Flex calf muscles in bed. Do dangle legs over edge of bed for a few minutes before getting out of bed to walk, as this will help alleviate a light-headed feeling.
- You may apply ice to the operated areas for 24-48 hours. Do NOT use ice directly on skin.
- Gatorade or other drinks with electrolytes are recommended. If you are not nauseated, you may eat a light meal such as soup, crackers, toast, etc.
- You may **sponge bathe only**, until further notice. Garment/compression must stay on!
- ❖ **DO NOT** remove the garment until your doctor advises. Even if it becomes wet or soiled, **DO NOT** remove the garment; you may gently cleanse it while on. After one week you may take it off to shower, and put it back on. If you wash the garment, use cool water and air dry only. You will need to wear compression for several weeks. Premature removal of compression garments results in more ripples, irregularities, or poor results from blood or fluid in the areas where fat was removed. You may also be unable to get the garment back on. **DO NOT** wash binder or foam pads.
- ❖ If you have a Velcro abdominal binder, you may adjust this daily to keep it smooth. **DO NOT** remove this even if you have another compression garment in place.
- ❖ **DO NOT** drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medication. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- ❖ **DO NOT** drive a car or operate machinery for the next 48 hours or while using pain pills.
- Someone from Minneapolis Plastic Surgery will call you this evening to inquire about your condition and answer any questions you may have.
- Do not hesitate to call the doctor's office if you have any questions about your recovery.
PHONE: 763-545-0443.

I acknowledge receipt of these after-surgery instructions.

_____ (signature)

_____ (date and time)