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POST-OPERATIVE LIPOSUCTION INSTRUCTIONS

NAME _____ **DATE** _____

1. **ANTIBIOTIC:** Continue your antibiotics as prescribed.
2. **PAIN MEDICATION:** Pain is usually minimal for small areas and more intense for larger areas, depending on the amount of fat that is removed. It improves markedly over the first seven days. Extra Strength Tylenol may be taken for mild pain. For increased pain, medication is prescribed. If you have pain unrelieved by Tylenol or your prescription pain medication, please call the office.
3. **MEDICATIONS TO AVOID:** Do not take aspirin or non-steroidal anti-inflammatory medications such as Ibuprofen, Advil and Aleve for two days post-operatively. Also, no Vitamin E or Fish Oil for two days post-operatively.
4. **OTHER MEDICATIONS:** Take routine medications as prescribed.
5. **DIET/FLUIDS:** Meals are not restricted. We prefer you stay on a low fat diet. Please drink eight 8 oz. glasses of water per day for several days post-operatively. This is important even if you are not thirsty to prevent dehydration and constipation.
6. **REST:** Try to rest for 12 to 24 hours.
7. **FRIEND:** Please have an adult stay with you the first night and night after the surgery depending on the amount of fat removed. It is possible to feel faint when standing the first day or two after surgery. It is important to sit up for a few minutes and stand slowly when getting up the first day or two.
8. **BATHING:** Normal showering is permitted 1-2 days after surgery. Replace the garment immediately after bathing. You may want to wash and dry the garment at the same time that you are showering. Your arranged caregiver should assist with your first shower as you may feel faint the first day or two after surgeries. **DO NOT USE A BATHTUB, HOT TUB OR SWIMMING POOL FOR 3 WEEKS AFTER LIPOSUCTION.**
9. **GARMENT:** Your special garment or binder should be worn 24 hours a day until drainage has stopped. A lighter weight compression garment may then be worn 12 -24 hours a day for 4-6 weeks. (Light spandex panty girdle). If chin and neck are treated, use the compression at least 23 hours per day for at least 3 days. The extent and location of your surgery will determine how long you need to wear the garment.
10. **POST-OPERATIVE APPOINTMENTS:** Please make an appointment 1-3 days post-operatively for a check-up, and again in 5-7 days.
11. Please avoid tanning until all bruising is gone.
12. **DRAINAGE:** Post-operative drainage occurs following surgery and can last 3-4 days. Although the fluid is red tinged, there is very little blood in it, most of it is local anesthetic and tissue fluid. If there is excessive bleeding, swelling or pain that is unrelieved by medication, please call the office immediately.
13. **BRUISING:** Mild to severe bruising may occur for three weeks post-operatively.
14. **NUMBNESS/SWELLING:** Swelling will slowly disappear over six months. If mild numbness occurs, it will usually disappear soon. **REMEMBER-ALTHOUGH YOU LOOK BETTER IMMEDIATELY FOLLOWING THE REMOVAL OF THE DRESSING, IT WILL TAKE SIX MONTHS TO SEE THE FINAL RESULT.**
15. **RETURN TO WORK:** Most patients can return to work within 2-7 days post-operatively.
16. **PHYSICAL EXERCISE:** Patients can return to light non-jarring exercise as soon as they feel up to it. Jarring exercise, such as tennis, aerobics and running can be resumed in 2-4 weeks post-operatively depending on the extent and area of the surgery.
17. **QUESTIONS:** If you have any questions, please call the office.
18. **DO NOT APPLY ICE UNDER ANY CIRCUMSTANCE.** **Patient Initials:** _____
19. Please call the office for any concerns.

Patient and healthcare provider have reviewed instructions in detail with verbalized understanding and copy of instructions provided to patient.

Patients Name: Printed _____ **Signature** _____ **Date:** _____

Witness: Printed _____ **Signature** _____ **Date:** _____