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LIPOSUCTION AFTER-CARE INSTRUCTIONS

INTRO:

Congratulations on your decision to get liposuction. These after-care instructions, along with our office staff, will help guide you through your recovery process. It is crucial that you and your caretakers **read through these instructions both BEFORE AND AFTER SURGERY**.

Aftercare:

- Following surgery, have an adult caretaker stay with you for the first 24-48 hours. You will be drowsy from the anesthesia and will not be able to drive for at least 24 hours or until off all pain medications.

WALKING:

- It is imperative to get out of bed early, and often (with assistance) following surgery to prevent postoperative problems such as blood clots. This will help reduce the risk of blood clots developing by encouraging blood flow throughout your legs.
- If you are sitting or lying down, move your ankles up and down and in a circular motion a couple times each hour to help increase blood flow.
- If you have shortness of breath, leg swelling, and/or leg pain at any point in your postoperative healing, go to an emergency department immediately (or call 911). This could possibly be a blood clot.

COMPRESSION GARMENTS:

- You will be provided with a compression garment that you will wear for after surgery.
- On the 3rd day, you may take the compression garment off to shower. It is best to take the compression garment off, wait 5 minutes and then shower to reduce the risk of falling because of the change in blood pressure. Put the compression garment back on after showering. Make sure an adult is with you for your first shower.
- The garment is to be worn for 2 weeks 24/7.
- You can buy an additional garment to wear while washing the soiled garment at Department store or www.elitebrandind.com. Please make sure that your garment will cover all areas of liposuction.
- You can switch to SPANX after two weeks and you should wear the SPANX for at least 12 hours a day.

PAIN AND PAIN MEDICATION:

- Take pain medication with food.
- All Medications should be taken as directed by Dr. Brent or RN
- If your pain is mild, you may opt to take Tylenol Extra Strength
- Take a stool softener, such as Colace, while taking pain medication to help prevent constipation.
- DO NOT DRIVE WHILE TAKING PAIN MEDICATION.
- DO NOT DRINK ALCOHOL WHILE TAKING PAIN MEDICATIONS.
- Take pain medication only if needed. The quicker you can wean off the pain medications, the better you will feel and heal.

DO NOT SMOKE:

- This is very important because smoking (tobacco, marijuana, or vapes) can result in a lack of blood supply to the tissues and fat, causing the tissue to die or delayed healing.
- Smoking can resume 4 weeks after surgery as long as there are no other complications present.

SUPPLEMENTS:

- Do not take NSAIDS (Motrin, Advil, Aspirin, and Ibuprofen) for 10 days before and after surgery
- Do not take herbal supplements (vitamin E, fish oil, hormone replacements) for 10 days before and after surgery.
- Phentermine or appetite suppressants should not be taken until 2 weeks before sx and may resume 6 weeks after surgery, since they increase heart rate and blood pressure which could interfere with your recovery.

POSITIONING:

- It is common for your hands and feet to swell the first couple weeks after surgery. To reduce swelling, it helps to elevate your arms and legs with pillows when you are lying or sitting.

DIET:

- A light diet is best after surgery. Start with liquids and progress to soft foods like soups and Jell-O.
- Stay on a soft diet with high protein for 2-3 days following surgery. Avoid spicy foods, sugar-free sweeteners and carbonated drinks to reduce gas, bloating and nausea.
- Remaining hydrated (64 oz of water per day) and regular walks will also help to prevent these occurrences

ACTIVITIES:

- Refrain from raising blood pressure for three weeks before and after surgery to prevent excessive bleeding.
 - No hot baths and spas for the first three weeks.
 - You may begin swimming and exercising after 4 weeks if healing is complete.
 - Follow the "2,4,6" Rule. 2 weeks light walks, 4 weeks cardio exercise, 6 weeks return to full workout, Upon Dr. Brent's Clearance.

SUTURES:

- The sutures will dissolve over the next 7 days and it is important not to tug on the them.
- If they become uncomfortable after the 7 days, you may come in to have them removed.
- You can begin using silicone scar patches on incision sites at 4 weeks.

EXPECTATIONS:

- Swelling and bruising are a normal part of the healing process. It should subside over time.
- Itching and numbness is normal on the liposuction areas, and it will gradually subside over time.
- You can gently massage the areas in a circular motion after 2 weeks to increase the blood flow.
- You will not see immediate weight loss for 2-3 weeks due to fluid retention from surgery. Overall, you will see more of a change in the way your clothes fit versus a decrease in pounds.
- It will take 3-6 months to see final results. It is possible to see asymmetry due to swelling while you are healing. Be patient with your body's healing process.

FOLLOW-UP APPOINTMENTS:

- Every patient heals at different rates, but you will be seen several times for post-op appointments. Typically, they are scheduled for day one, two week, 2-3 weeks, 6 weeks, 3 months, and 6 months after surgery.
- The purpose of these appointments is to check your healing progress.
- Please call to schedule your appointments. The Beverly Hills office phone number is (310) 273-1001 and the Santa Barbara office phone number is (805) 898-9299.

QUESTIONS & CONCERNS:

- If you have questions or concerns regarding your procedure please email assistant@drbrent.com or email Dr. Brent Moelleken at drbrent@drbrent.com
- Please call the office at (310) 273-1001 if you have increased pain at surgical incision sites, redness, sudden swelling, warmth, pus, drainage, or a fever greater than 101.5°F.
- Please visit an emergency room or call 911 if you have shortness of breath or leg swelling with pain to rule out a pulmonary embolism or blood clot which could be deadly if left untreated.

HELPFUL ITEMS TO PURCHASE BEFORE SURGERY:

- ___ Stool Softener (i.e. Colace)
- ___ Sterile surgical pads (these will help absorb any fluid from incisions)
- ___ Compression garments (you will be sent home with one, but will need an extra one while washing the soiled garment. Please purchase one that covers the areas of the incisions. You can buy them at any department store or at Dr. Moelleken office.
- ___ Thermometer (monitor your temperature after surgery and make sure it stays below 101.5°F)

ADDITIONAL POST-OP NOTES:
