

## Post Operative Instructions Liposuction

### Dr. Lee Corbett

**Diet:** Eat and drink whatever you'd like. Try to push fluids. Do not drink alcohol with your pain medicines.

**Medications:** Take your pain medication and antibiotics as directed. If you are running out of pain medicine let me know ahead of time. The prescription you have cannot be renewed over the phone so we need to plan to get you a new prescription. Resume your home medications unless directed otherwise.

**Showering:** It is ok to shower 48 hours after your surgery. Do not take a bath.

**Stitches:** At 48 hours it is ok to peel off the clear bandage over the stitch(s). The sutures are under the skin and dissolve on their own.

**Follow-up:** Call the office when you get home to arrange a follow-up visit. I will see you in 5 to 7 days.

**Activity:** No strenuous exercise for the first two weeks. It is ok to get up and move around and I encourage you to do so. It is ok to walk up and down steps.

**Swelling:** Swelling will peak at 48 to 72 hours after surgery and *gradually* goes away. It takes 3 to 6 months for all of the swelling to resolve. Be aware that if I did liposuction of the lower abdomen some of the swelling fluid will settle in your groin area and you may swell and/or bruise in your genital areas. This is normal.

**Pressure Garment:** Unless you are in the shower keep the binder/ pressure garment on until I tell you it's ok to take it off. It is ok to take it off for a couple hours to wash it.

**Smoking:** Smoking impairs wound healing. **DO NOT SMOKE!!!** If you smoke after surgery it can cause the skin to die over the areas suctioned.

**Driving:** Do not drive until you are off of your pain medications. If you drive while taking narcotics you can be arrested for DUI. Also, it is a state law that you wear your seatbelt when you drive. If you are too sore to wear your seatbelt you cannot drive.

If you have a question, **PLEASE CALL**. The office number is 502- 721-0330 and it is answered 24 hours a day 7 days a week.