

## INSTRUCTIONS AFTER LIPOSUCTION

### GENERAL INSTRUCTIONS

Recovering from liposuction is similar to recovering from any other form of surgery. You must exercise common sense, and be realistic in your expectations. Do not plan any trips, or strenuous activities after your surgery. Liposuction is a form of surgery and will be associated with a certain amount of discomfort. The amount of discomfort will vary from person to person and depends on the amount of surgery that was performed. In general, the pain should improve each day, as long as you are not too active. If you experience increasing discomfort it may be a sign that you are too active after your surgery. If the pain continues to increase after resting, it may be a sign of infection. Tylenol #3 or similar medication is adequate for postoperative pain. Elevating the operated part reduces swelling and discomfort, and applying ice if helpful.

The compression garment helps to prevent the accumulation of blood or serum under the skin in the space where the fat was removed. This should stay in place for six weeks following surgery. During the first 48 hours after surgery it should not be removed. After 48 hours it can be removed to have a shower and to wash the garment. If the garment has been removed in the first 48 hours, you are at an increased risk of developing excessive bleeding. It is normal for swelling to occur after the operation and will last up to 6-8 weeks. It is important to drink plenty of fluids around the time of your surgery.

### INCISION CARE

Keep the incisions clean and dry for 72 hours. This allows the skin to create a water tight seal. After 72 hours, wash the affected areas once daily. This keeps the incisions clean and helps prevent infection. The best way to do this is to take a shower and allow the water to run over the operated area. Do not aim the water directly at your incisions as this will be painful. When you have finished washing, gently pat your incisions dry and reapply gauze and then your compression garment. Do not take a bath or swim until your incisions are healed completely. The foam pads are placed to prevent creases from the garment, please reuse as needed. The sutures are dissolving. Gentle massage therapy is recommended to also help manage scar formation. You may start massage after the first week (Lymphatic Massage once a week) and self massage daily.

### THINGS TO WATCH FOR

**Infection** after liposuction is rare. However, any time an incision is made in the skin, there is a potential for infection. A low grade fever during the first 24 - 48 hours following surgery is normal. This results from the inflammation caused by surgery. If you have a fever that is very high (>38.5°C), and does not return to normal with a dose of Tylenol it may indicate infection. Other signs of infection include a feeling of malaise, nausea and vomiting, spreading redness at the operated site, especially around the incisions, and excessive or purulent discharge from the incisions. If this happens you should contact Dr. Fortin's office or go to the nearest emergency department.

**Bleeding:** Oozing is normal from the incisions in the first 24 - 48 hours following surgery. It is usually a clear, light red color. Elevating the operated part reduces the pressure in the arteries and



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helps prevent bleeding. Signs of ongoing bleeding include a lightheaded feeling, a racing pulse and pounding heart, excessive sweating, and visible bleeding (dark red) from your incisions. If this happens, you should contact Dr. Fortin's office or go to the nearest emergency department.

#### **FOLLOW UP**

Please schedule an appointment with Dr. Fortin's office for two weeks after surgery.

**PLEASE NOTIFY THE OFFICE IF YOU HAVE SOUGHT OUT ANY MEDICAL ATTENTION 10 DAYS POST SURGICAL PROCEDURE**

**If you have any questions regarding your surgery please call Dr. Fortin's office.**