

**WESTERN AVENUE
DAY SURGERY CENTER**

Plastic, Reconstructive and Cosmetic Surgery
Surgery of the Hand

244 WESTERN AVENUE
SOUTH PORTLAND, MAINE 04106-2496
TEL. 207.775-3446 FAX 207.879.1646

**Postoperative Instructions
for
SUCTION LIPECTOMY**

ACTIVITY

DAY OF SURGERY:

- Keep activities to a minimum (preferably have someone assist you to the bathroom).

FIRST WEEK:

- Quiet activities only, with minimal stair climbing. Do not strain or do anything which requires significant effort. Then gradually increase your activity to your comfort level.
- No driving until permitted by your physician.
- Avoid sports and other strenuous activities for 4 weeks.

MEDICATION & COMFORT:

- **Take pain medications with food**, following instructions on bottle. For the first day or two, have someone else give you medication according to correct time intervals, as you might forget and take it too often. **No alcohol** while on pain medication.
- Pain medication may cause drowsiness and constipation.
- Please remember that refills will only be considered during office hours, 9 am to 5 pm, Monday through Friday. If you feel you need more pain medicine, please call during these times.

DIET:

- Light foods initially and advance diet as tolerated. Drink lots of liquids.

THERAPY:

- Keep compression garment on until seen again by your physician.
- Do not shower until seen by physician.

YOU CAN EXPECT:

- Moderate discomfort
- Expect moderate amount of light pink drainage through compression garment.
- Apply bandages between compression garment and mesh netting to absorb drainage and protect clothing as needed.

Call the office (775-3446) if you have:

- Fever or chills.
- Severe pain not responding to medication
- Excessive swelling of one area.
- Dark red bleeding

OTHER:

- No smoking for 48 hours after surgery, to prevent possible bleeding and poor healing.

I have received the above instructions.

Signature *X* _____

Relationship to patient _____

Date _____