Postoperative Instructions for SUCTION LIPECTOMY

ACTIVITY

* Quiet activities only, with minimal stair climbing.
* Avoid exercise, sports, and other strenuous activities for 4 weeks.

HOME CARE

* Keep compression garment on at all times, unless permitted to shower.
* Apply additional gauze/padding under compression garment to absorb draining and protect clothing as needed.
* You may shower in \_\_\_ days. Reapply compression garment after your shower.
* Avoid prolonged exposure to the sun while incisions are red to minimize scarring.
* No smoking after surgery to prevent possible bleeding and delayed healing.

WHAT TO EXPECT

* Moderate discomfort.
* Moderate amount of light pink drainage coming through compression garment.

MEDICATION & COMFORT

* You may take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for pain relief.
* Pain medications may cause drowsiness, upset stomach, and constipation.
* Take pain medication with food.
* Do not drink alcohol or drive while taking prescribed pain medication.
* Refills are only available during office hours – 9am to 5pm, Monday through Friday. If you feel you need more pain medication, please call during those times.

CALL THE OFFICE (775-3446) IF YOU NOTICE

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

I have received the above instructions. Signature X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship to patient \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_