

LIPOSUCTION AND FAT GRAFTING

After the surgery the following are normal

- Mild drowsiness or light-headedness
- Mild tightness, discomfort, swelling, pink (not blood colored) drainage
- It may take several months for the wounds and the results to completely heal. The final scars may take 6 to 12 months to heal.

The following is **NOT** normal and you should call us immediately

- Severe pain not relieved with pain meds, nausea, vomiting, coughing
- Temperature greater than 100 F
- Severe incision redness, continuous bleeding, severe swelling/tightness

Follow these instructions after your surgery

- If you had oral medications during the procedure:
 - Have a responsible person drive you home and stay with you for 24 hours;
 - rest the next 24 hours
 - Do not operate machinery, power tools, or handle dangerous objects for 24 hours
 - Do not sign legally binding documents for 24 hours
 - Start with a soft diet of liquids, soda crackers, JELL-O, soup, and 7-UP as your first meal afterwards. Slowly advance to a normal diet after if you do not have any nausea. **AVOID** dairy products for the 1st 24 hours.
- Complete bed rest is helpful for at least one full day.
- There will be drainage through the dressing. Consider extra gauze pads/towels to absorb fluid. The normal color of drainage is pink or Kool-aid color. Large amounts of dark or bright red blood is NOT normal and you should call us immediately.
- Keep the absorbent dressings on for 24 hours, then remove and shower. Do NOT take a bath for 3 weeks; showering is fine.
- Wear the compression garment we provide you for 24 hours a day for the 1st week. **At the 2nd week, purchase a slimming garment** (ie/ Spanx/Spandex/Corset or Neoprene exercise wrap from Big 5 or Sports Authority). Please wear this secondary garment 24 hours a day for the next month. You may remove the garment in order to shower.
- Please use the body-contouring foam together with the compression garment if applicable.
- Do not lift anything heavier than 15 lbs and do not exercise the treated area for 1 week.
- Avoid makeup/sunscreen/swimming pool water on incisions for 1 week
- Avoid direct sunlight onto your surgical incisions for 8 weeks after surgery
- Continue to **NOT** use any Aspirin/related products (see separate list) for 1 week post-op
- Do not drink alcohol for 1 week post-op
- Do not smoke for at least 3 weeks post-op
- Apply ointment to your incisions 3 times a day for 1 week
- Use pain meds **ONLY** as directed
- Continue your antibiotics as directed until finished if applicable.

How to reach and when to call your doctor

- Fever > 101 degrees, allergies, pain not adequately relieved by pain medications, increasing redness, purulent discharge, you cannot see at least a couple fingers, move the eye, or have extreme swelling
- For non-urgent issues: Monday - Friday, 9:00am-5pm, call **(310)791-2233**. After hours, your physician can be reached by calling the same number for medically related and emergent issues only. It may help to take a photo with the flash on (cell phone works well) in a well lit area and send it to the doctor.

WHAT TO EXPECT

Week #1-2: You will be sore and uncomfortable. It will feel like you did a lot of exercise in the area treated. Everyday should get a little better and better. You will also notice bruising over the treated areas which again will get better slowly until it goes away in about 3 weeks. The treated area will also be slightly red and firm (not hard) for about the 1st 3 weeks; this is normal. You will be very swollen in the areas treated.

Week #3-4: You may still have some numbness and tingling around the areas treated. Patients also describe an itchy sensation. This is your nerve endings recovering from the procedure. This is surgery and your body needs to recover from it. Swelling will slowly begin to come down. Your body is still in "shock" of having surgery.

You will notice some lumps & bumps in the treated area. The best way to think of this is to imagine scabs forming on the inside of the treated areas. Like a scab on your skin, it takes time to breakdown and dissolve. You may even feel hard lumps and bumps. These are normal accumulations of some healing tissue. These will get better with time. If you are not too uncomfortable, you may begin to massage the areas of uneven lumps and bumps with your fingers to help the healing. Use firm (not hard) pressure in a circular fashion with just your fingers to help soften the lumps and bumps.

You may also begin to massage the scars from the incisions in the same fashion.

Month #1-2: You will be about 50% healed at this point and should begin to notice some improvement in the areas treated. There is still 50% more healing left to go so be patient.

Month #3-6: The majority of the healing should have occurred already but the final results can still improve even past the 6 month mark. Scar should be noticeably improved at this point as well.