

University of Virginia Plastic Surgery Liposuction Post-Operative Instructions

The following instructions are general guidelines to promote a safe and uneventful recovery from your surgery.

Activities:

- You should walk around your home or hotel the day of your procedure and over following days.
- Avoid twisting of the torso or repetitive motion of the body part involved in the surgery.
- Avoid aerobic exercise, vigorous activity, weight lifting and contact sports for 4 to 6 weeks after your procedure.
- Should be able to return to work 3-5 days after surgery or sooner if approved by your surgeon depending on how physically demanding your job is.

Bathing and Incision Care:

- You may shower 48 hours after your procedure. You can gently cleanse directly over the clear dressings and should not remove the clear dressing. Remove your compression garment before showering.
- Do not bathe in a tub for one week.
- Your sutures will dissolve and do not need to be removed.
- Wear your support garment for one to two weeks day and night after your procedure or longer if instructed by your plastic surgeon.
- After one month you may begin using Silagen with SPF or Vitamin E lotion to massage your scars.
- Avoid sun or tanning booth exposure to your scars for at least six months.
- Sunlight can permanently affect the skin's pigmentation, causing the scar to turn dark.
- Wear sunblock with SPF 30 or higher if you know you will be unable to avoid the sun.

Pain/ Medications:

- You will feel discomfort and pain for a few days following your surgery.
- This can be controlled with pain medication prescribed by your plastic surgeon.
- Do not take Aspirin, Ibuprofen, Motrin or Aleve for the week before and the first week after surgery.
- Prescription pain medication may be constipating. To help prevent constipation increase your intake of fluids and fibers. You may also take stool softeners as needed. We recommend Senna derivative medications. This is an over the counter medication that any pharmacist can assist you with.

General Information:

- Numbness involving the area surgically treated is not uncommon and will resolve slowly after the procedure. Depending upon the type of liposuction done, this may take several months to resolve.
- Swelling and bruising of the area treated is also common after this procedure and will resolve over the first few weeks.

Postoperative Appointment Information:

- If your first postoperative appointment was not made at the time of your preoperative appointment University of Virginia Plastic Surgery would typically like to see you back for your first postoperative visit one to two weeks after your surgery. This date will be given to you before your discharge from the recovery room. If an appointment is not made at your preoperative appointment or in the recovery room, please call the office the day after your surgery to schedule that appointment.

Notify your physician or After Hours Advice for any of the following:

- Any signs of infection; fever (greater than 101° F), significant redness around incisions or on the area treated.
- Surgical area that is hot to the touch.
- One area becomes significantly larger, more swollen or significantly more painful than other areas.

For life threatening issues or concerns dial 911.