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**POST OPERATIVE INSTRUCTIONS FOR LIPOSUCTION
(ASPIRATION LIPECTOMY)**

INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Discuss your time off from work with your surgeon; this varies according to surgery.
- Activities involving the affected sites should be minimized for approximately 2 weeks.
- Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.

INCISION CARE

- You may shower after your first post-op appt.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on; replace if they come off.
- Keep incisions clean and inspect daily for signs of infection.

- No tub soaking while sutures or drains are in place.
- You will be discharged from the hospital wearing a pressure garment over the treated area. Most patients will wear pressure garment for 6-8 weeks.
- Wear pressure garment 24 hours per day.
- After showering, reapply pressure garment and gauze to cover areas of incisions.

WHAT TO EXPECT

- The small incision sites will be covered with gauze to protect these areas.
- Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 6 months or more.
- Expect temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, pain and discomfort.
- May have fluid drainage from incision sites.
- A drainage tube may be inserted beneath the skin to prevent fluid build-up.
- May feel stiff and sore for a few days.
- It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but, generally, after about a week, you should begin to feel better.

APPEARANCE

- Bruising may be apparent beyond the areas of liposuction, partially due to gravity.
- You will have small incision sites at the point of introduction of the instrument used to remove the fat tissue.
- A healthy diet and regular exercise helps to maintain your new figure.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For medical questions, please call: 909-798-9950, Monday - Friday, 9 a.m. - 5 p.m.

- After hours and on weekends for emergency calls – Dr. Punjabi @ **909-213-6183**