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### **Liposuction – After Surgery Instructions**

**At home after surgery:** Dr. Hoefflin recommends resting quietly for the first 48 hours after surgery. You should walk or ambulate (with assistance) around your home every couple of hours. Ambulating is one of the best ways of maintaining lower extremity blood flow and preventing deep venous blood clots (DVTs).

**Positioning:** When resting, you should flex your thighs by placing several pillows behind your knees. When in bed, keep your legs elevated for the first several days. Do not cross your legs, and this can promote blood clot formation.

**Positioning:** When resting, you should maintain a flexed position by placing several pillows beneath both your thighs and your back.

**Diet:** Start with a light diet, preferably liquids or soups, and then progress to a regular diet after 24 hours. This will minimize any post-operative nausea. You should start taking a stool softener the day after your surgery. Avoid salt as it can promote swelling.

**Liquids:** Drink plenty of fluids (8-10 glasses/day) with either water or electrolyte drinks (Gatorade) to maintain your hydration for the first week following surgery.

**Antibiotics:** Dr. Hoefflin will prescribe you either Keflex (Cephalexin) 500 mg or Cleocin (Clindamycin) 300 mg (if allergic to penicillin or cephalosporins). Keflex should be taken 1 tablet, four times per day; Cleocin should be taken 1 tablet, three times per day. All antibiotics should be taken with food.

**Discomfort:** Any discomfort or soreness can be minimized with pain medication. Start with ½ a tablet of a pain pill initially, of which may be followed every 3 – 4 hours by another. It is best to take pain medication with food. Keep in mind that the pain medication can cause constipation. A helpful adjunct is to replace every other dose of pain medication with a tablet of Tylenol (650 mg) to help minimize inflammation. Avoid driving or consuming alcohol while taking prescription pain medicine.

**Incisions:** Your small incisions will be closed with a single absorbable suture, which usually absorbs by 7-10 days. You should apply Neosporin ointment (available over the counter) to your incision sites for the first 5 days.

**Managing incisional drainage:** Incision site leakage, or oozing, is expected for several days following your surgery. It can be seen as a thin bloody fluid. **Gauze or Maxi pads are ideal for absorbing this temporary leakage.**

**Showering:** You may shower on the 3<sup>rd</sup> day after surgery. You should have someone assist you, as it is not uncommon to experience some dizziness when removing the tight garments. Before taking a shower, remove the elastic Velcro and compression garments and gauze pads covering your incisions. These garments can then be washed and dried on a cool cycle, and then replaced after your shower. Avoid submerging your incisions in a bath, swimming pool, or whirlpool for two weeks after surgery.

**Swelling:** Maximal swelling typically occurs three to five days after surgery, then begins to dramatically improve. Mild bruising typically resolves within 7-10 days after surgery. Mild to moderate inflammation may take four to six weeks to completely resolve. **Arnica Montana** (can be purchased at our office), taken both before and after surgery, can assist in decreasing any postoperative swelling or bruising. Your final aesthetic and sculpted appearance is usually visible several months after your surgery.

**Activity:** It is important to refrain from any strenuous activities for the first 2 weeks after surgery. **After 2 weeks**, you may engage in light activity (i.e. light walking). **By 4 weeks**, stretching, yoga, or light-weight exercises can be resumed. Heavy weights and all pre-surgery activity may be resumed **after 6 weeks**. You may drive several days to one week after your liposuction surgery, provided you can respond and stop in emergency situations.

**Sutures:** All sutures are absorbable, and typically dissolve within 7-10 days. Any sutures that have not fully absorbed by one week are usually trimmed at your post-operative appointment.

**Garments:** Dr. Hoefflin will provide you with a soft, elastic Velcro binder and compression garment, which should be continuously worn for four weeks. These compression garments help minimize any discomfort and swelling, and help contour the skin to achieve your final contoured result more quickly.

**Sensation:** It is normal to have itching and/or areas of numbness following your surgery. This gradually subsides after 2-3 months as your body progresses through the healing process.

**Follow-up appointment:** Your first postoperative appointment to see Dr. Hoefflin typically occurs 24 hours after surgery. This should be scheduled prior to your surgery.

**Massaging exercises:** Massaging exercises are initiated one week after surgery, which assists in reducing residual post-operative inflammation as well as reducing the appearance of your incisional scars. Dr. Hoefflin will provide you with information on such exercises during your post-operative appointment.

**Endermologie®:** Using a safe and non-surgical patented technique, Endermologie® assists patients in reducing their post-operative inflammation by removing any post-

operative toxins or water accumulation after surgery. In addition, local blood circulation and collagen restoration are improved. The final result is a more quickly achieved smooth and sculpted body appearance. Dr. Hoefflin encourages patients to start their Endermologie® program five days after their surgery.

**To read more about Dr. Hoefflin's post-operative Endermologie program, click here.** (Weblink: <http://www.doctorhoefflin.com/endermologie.html>)

**Minimizing long-term scar visibility:** Avoid direct sunlight exposure to your healing scars for the first year following surgery. Select a sunscreen with zinc oxide along with a SPF of 30 or greater for maximal protection. Scars typically fade in months to a year after your surgery. You may start applying a scar cream (available at our office) to minimizing your scar appearance, starting at week 3. The scar cream should be used for 6 months after surgery.

**Smoking:** Do not smoke. This is important. Smoking delays healing and can increase your risk of complications.

**Concerns:**

Dr. Hoefflin can be reached 24 hours a day for any concerns. He can be contacted directly through his office or answering exchange at (310) 273-5100.

**Please notify Dr. Hoefflin if:**

- If you experience increased bleeding from your incision sites, which does not stop after several minutes of gentle pressure.
- If you experience a significant increase in pain not relieved by medication;
- If you develop a temperature above 101.5° F, or if you develop redness (like a sunburn) around your incisions.
- If you have any yellowish or greenish drains from the incisions or notice a foul odor.
- If you have any side effects to medications, such as rash, nausea, headache, or vomiting.
- If you have any bleeding from the incisions that is difficult to control with light pressure.

*The quality of your liposuction procedure may be compromised if you fail to return for any scheduled post-op visits, or follow Dr. Hoefflin's pre- and post-operative instructions.*

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Patient Signature

Date:

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Witness Signature

Date: