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## **LIPOSUCTION INSTRUCTIONS**

All liposuctioned areas will be mildly to moderately swollen and sore. Please wear your liposuction garment as much as you can comfortably tolerate. You may remove it at intervals for comfort. Nighttime wear is not required, but is suggested to maximize edema control and hasten your new contour.

Liposuction is not an exact science. Overall, body contour can be safely and predictably improved. Skin quality, stretch marks, wrinkles, and cellulite are generally unaffected. Sometimes there may be slight improvement and sometimes slight worsening. Weight gain reverses the beneficial effects of liposuction, so it is important to be attentive to good lifestyle, dietary, and fitness regimens.

Contrasted with other plastic surgery procedures, liposuction is slow to show final results. Typically, there is an 80% improvement by 6 weeks postop. Final results can take up to 6 months to see.

Liposuction alone ordinarily does not require more than 2 to 4 days of downtime, depending on the extent of contouring. It is always best to make time-off-work arrangements in advance.

Thank you for your attention to these details. This information is to assure the best possible result for you.

## **AFTER SURGERY**

1. Do not drive until Dr. Lindsey permits. (You must be off all narcotic medication. No alcohol. No smoking.)

2. Clear liquids first. If no nausea, progress to a regular diet as tolerated
3. Take medication as ordered. Do not take pain medication on an empty stomach. Take the Flexeril (muscle relaxant) every 8 hours. The pain pills may be broken in half for those patients with sensitive stomachs. For example, ½ tablet taken every hour is equal to 2 tablets every 4 hours or 1 tablet every two hours. Over the counter medications for pain control are highly encouraged post op. This includes Motrin, Aleve, and Tylenol. Sometimes over the counter pain medication is all that is required for pain control.
4. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
5. Call Dr. Lindsey at (504) 885-4508 for redness, swelling, or pus at the puncture wounds, fever over 101.5 degrees, persistent vomiting, any problems or questions.

Early mobilization, such as short walks, is beneficial. You should be walking around at home on the first day after surgery. When you are not walking, please elevate the areas liposuctioned.

Please remove your compression garment and remove all dressings one day after surgery. Showering is permitted at this time. Expect drainage from the small puncture wounds for the first 3 to 4 days. By the fifth day, there should be minimal to no drainage from the puncture wounds. Please apply fresh dressings to the puncture wounds daily and reapply the compression garment.

Please schedule your first postoperative visit 1 week after surgery and your second visit 6 weeks after surgery. You are always welcome to call me or come in for postoperative checks anytime.

Over the first 3 to 4 weeks expect, slow improvement in your contour. During this time, your garment will need to be changed to a smaller garment depending on your progress. I recommend a compression garment for a minimum of 6 weeks postoperatively. For patients who have liposuction of the saddlebags and inner thighs, biking shorts work very well starting 2 weeks postoperatively. Liposuction routinely requires 3 to 6 months to achieve the best, final contour.