

## LIPOSUCTION POST-OP INSTRUCTIONS

*PLEASE NOTE: THESE INSTRUCTIONS ARE TO BE FOLLOWED AS A GENERAL GUIDELINE. DR. WARNOCK WILL DISCUSS WITH YOU THE EXACT INSTRUCTIONS HE WISHES YOU TO FOLLOW AFTER YOUR INDIVIDUAL SURGERY. IF YOU HAVE ANY QUESTIONS, PROBLEMS, WORRIES, OR WANT CLARIFICATION OF INSTRUCTIONS, PLEASE FEEL FREE TO CALL THE OFFICE (571-2020). THE OFFICE IS OPEN MONDAY THROUGH FRIDAY 9:00AM-5:00PM. FOR AFTER HOURS, WEEKENDS, OR HOLIDAYS PLEASE CALL THE OFFICE AND LEAVE A MESSAGE WITH THE ANSWERING SERVICE*

1. Fill Prescriptions. Percocet, one or two every 4-6 hours OR Lortab, one or two every 4-6 hours as needed for pain. Phenergan, one every 4-6 hours as needed for nausea. Duricef, one 2 times daily for 7 days to guard against infection.
2. Wear girdle 24 hours a day for at least three weeks (except for showering).
3. Ace bandages or elastic compression garments should be left in place until postoperative examination or as directed by Dr. Warnock. Do not remove steri strips over small incisions in abdomen, buttocks or knees.
4. Sponge bathe the first three days after surgery. Showers (not baths) may then be permitted. Baths may be taken after two weeks. Girdle may be removed for showers and baths. Be sure to dry suture areas as well as possible. Wash and put girdle back on immediately.
5. Watch for bleeding, abnormal swelling, fever (temperature should be taken with a thermometer to determine a legitimate fever), chills, fainting, chest pain, or shortness of breath. If any of these should occur, call the doctor immediately.
6. Application of ice packs to areas of suction can help for 24-48 hours post-op.
7. No exercise of heavy exertion for three weeks. This causes bleeding and increased swelling.
8. Do not take aspirin or aspirin-like drugs (Advil, Motrin, Ibuprofen, etc.) for two weeks post-op. These drugs cause bleeding. If needed, take Tylenol. If you have any questions, be sure to contact Dr. Warnock.
9. Take a multiple vitamin with Iron twice daily for a month after surgery.
10. Smoking causes healing problems. Do not smoke for two weeks following surgery.
11. Do not get discouraged if you do not see the results you desired immediately. Each individual will heal at a different rate. It might take you more or less time than someone else to lose bruises and swelling. It may take as long as six months for all swelling to disappear, but you should notice the greatest results within eight weeks after surgery. Bruising and swelling also tend to follow gravity-the lower areas will show more swelling and bruising than upper body suction.