



1072 Troy Schenectady Rd. Latham, NY 12110

POST-OP INSTRUCTIONS LIPOSUCTION

Pain and Discomfort

Following the surgery you may feel some pain and discomfort, especially when you move or cough, but this is generally well controlled with pain medication. Some patients may experience nausea and vomiting after anesthesia. This usually lasts less than 24 hrs and should be treated with lots of fluids and rest.

Pain Pump You may have a local pain relief system that delivers numbing medicine automatically to your surgical site. The pump connects to a thin catheter which can be easily clipped to your clothing or can be carried in a small case. After the medicine is dispensed we will remove the pump in 2-5 days.

Garment and Incision Care

After surgery you will experience some fluid drainage from the small incision sites. For the first 24 to 48 hours the dressings will get stained with blood stained fluid. It is best to purchase some thick gauze pads to help with drainage. To control swelling and to help your skin better fit its new contours, you will be provided with a snug elastic garment to wear over the treated area for 4 to 6 weeks.

You may shower after 48 hours. When taking a shower, remove your support garment. The garment may remain off for an hour or two while it is washed and dried. After your shower, gently towel yourself dry (do not rub the small incision sites) and then put your support garment back on.

Activity and Exercise

Most of bruising will resolve within 2 weeks but the swelling usually takes 8 weeks to resolve but sometimes may take up to 6 months depending on the volume of liposuction performed. You should start walking as soon as possible to help reduce swelling and prevent blood clots from forming in your legs. You will begin to feel better after about a week and should be able to return to work within 1- 2 weeks. You should avoid all strenuous exercises for a month and sexual activity for at least 10 days to 2 weeks.

Massage

It is important to massage areas to reduce swelling and to increase blood flow to the liposuctioned areas. After 3-4 weeks the Dr. may recommend a series of professional massage therapy.

DON'T TAKE ANY CHANCES! If you are concerned about anything you consider significant, please call the office at **518-786-7000**.

It is very important to keep all Post op appointments.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Alain Polynice, M.D

Patient Name _____ MD _____

Relationship _____

Nurse _____

