



Liposuction / Fat Grafting Discharge Instructions

Surgical Dressings

- Your dressing consists of Steri-strips (small white Band aids) around the sites of liposuction and fat injection, ABD pads and a compression dressing (binder or girdle) and bra.

Showering

- You may shower in 48 hours.
- Steri-strips are allowed to get wet.

Dressings / Surgical Site Care

- Steri-strips are designed to get wet and will fall off on their own in 10-14 days. If they have not fallen off after this period it is ok to gently remove them yourself.
- Each small incision is closed with a single dissolvable suture. This will fall out on its own in 2-3 weeks. It is ok if this suture falls out early.
- A small amount of fluid drainage through the liposuction incisions is normal for the first 48-72 hours after surgery.

Surgical Compression

- A post-operative compression garment covering the areas where liposuction was performed should be worn at all times while not showering for at least 4 weeks after surgery. This garment should be snug, but not uncomfortable.
- You will be provided with a compression garment on the day of surgery, but feel free to purchase one on your own that is more tailored to your body.
- If you had fat grafting performed to the breasts, wearing a support bra is recommended, though should not be too tight or compressive, but rather just provide some support while being active.

Sleeping



- Sleeping in any position is fine, though you may find it more comfortable to not put pressure on the area of liposuction.
- If you had fat grafting performed to the breasts, avoid sleeping on the breasts for at least 4 weeks.

Driving

- Absolutely no driving while taking narcotic pain medications.
- It is ok to start driving for short distances about 7-10 days following surgery (as long as not taking narcotic pain medications).

Activity Rules of Thumb

- If it hurts, DON'T DO IT.
- You should be up and around your home following surgery as much as possible.
- It is ok to do your activities of daily living immediately following surgery (going to the bathroom, brushing your hair/teeth, lifting the tv remote etc.)
- You are encouraged to walk slowly around your house every couple of hours for 5-10 minutes. Walking helps increase blood circulation and may decrease the risk of blood clots.
- After 5-7 days it is ok to walk outside for about ¼ mile. Listen to your body- if you feel overly fatigued then your activity should be slowed down.
- It is generally ok to resume workouts about 2- 3 weeks following liposuction, though the compression garment should be worn at all times, especially when being active.

Diet

- Eat as tolerated following surgery, but TAKE IT SLOW.
- It is best to start with liquids to see if they are tolerated (no nausea) before starting solid foods.

Pain Medication

Take your pain medications as directed:

1. **Tylenol (acetaminophen)**
 - Should be taken every 6-8 hours consistently for at least the first 2 weeks after surgery.
 - Maximum daily dose is 4000mg / day.
 - Tylenol helps to augment other pain medications with little to no side effects.



2. Oxycodone (or other narcotic)

- Tends to make people sleepy and should be taken at night before you go to bed to keep your pain under control while you sleep. It may also be taken throughout the day as needed.
- This should be the first medication to be weaned off as it can cause many side effects, most notably constipation.

3. Ibuprofen (NSAID)

- Anti-Inflammatory medication that should be started no sooner than 48 hours after surgery unless approved by Dr. Gougoutas.
- After about 48 hours, post-surgical pain becomes mostly inflammatory in nature and anti-inflammatory drugs tend to work better than narcotics in most cases.
- Maximal dosage is 600-800mg every 8 hours.

4. Meloxicam (NSAID)

- If you were prescribed meloxicam this should be taken once a day starting the morning after surgery, generally for 1 week.
- Meloxicam is also an NSAID and **SHOULD NOT** be taken with Ibuprofen.

What to Expect After Surgery:

- You will be sore, and in some pain following surgery.
- Your pain should be manageable with pain medications provided- only take these medications as prescribed.
- Inflammation / swelling / bruising typically peaks 36-48 hours following surgery, and thus pain can increase for up to 3 days following surgery, after which time it should start to gradually subside every day.
- Swelling, tightness and numbness are normal sensations for the first several weeks at least, after surgery. This will subside with time as you heal.
- You may feel more tired and emotional for the first 7-10 days following surgery. This is a normal response to surgery and is not a cause for concern.
- Some minor bleeding may occur through the bandages or around the drain site for the first 24 hours after surgery.
- If you had fat grafting performed, you will not know the final volume of fat that has “taken” at the grafting sites for at least 2-3 months following surgery.

What To Look For

- 1. Check for excessive bleeding**



- A small amount of spotting through the bandages is generally normal, particularly with liposuction.
- Any spotting through the bandages that continues to increase in size warrants a phone call.
- Rule of thumb: If you are concerned, call Dr. Gougoutas.

2. Check for infection

- Infection very rarely develops before 7-10 days post-operatively.
- A low-grade fever ($<101.5^{\circ}\text{F}$) is very common after surgery and is not a cause for concern. Fevers greater than 101.5°F warrant a phone call / MyChart message for possible evaluation.
- Increasing redness around the incisions site also warrants a phone call / MyChart message for possible evaluation.
- Feeling suddenly worse after a steady improvement in your post-operative course also warrants a phone call / MyChart message for possible evaluation.
- Drainage from an incision $>3-4$ days after surgery warrants a phone call / MyChart message for possible evaluation.

Anesthesia Discharge Instructions

The medications used during your surgery will linger in your system for at least 24 hours. Therefore, during this time:

- **DO NOT** drive a car, operate machinery, or power tools
- **DO NOT** drink alcohol, take tranquilizers, or sleeping pills
- **DO NOT** make legally binding decisions

A responsible adult should transport you (or accompany you in ride share / taxi) to your recovery location (*home, a friend's house, hotel etc.*) and **remain with you** for the first 24 hours.

If you are from out of town and staying at a nearby hotel, you **MUST** use a vehicle to transport to your hotel regardless of distance. You may not walk.

Post-Surgery RN Call

A nurse from the surgery center will call you the following business day to see how you are progressing. If you have problems or concerns, please call our office at any time (206) 860-5582. **If you have an urgent issue, please do not use MyChart messaging, as this is not monitored outside of our regular business hours.**



Prior to calling, please refer to your discharge instructions

If your question cannot be answered by your discharge instructions, or cannot wait until our office is open, please call (206) 860-5582. You will reach an operator who will page Dr. Gougoutas.

Drains will not be removed over the weekend. If you have a drain in place, and the amount goes below 30cc over the weekend, please call on Monday to make an appointment for drain removal.

In case of a medical emergency – call 911 immediately