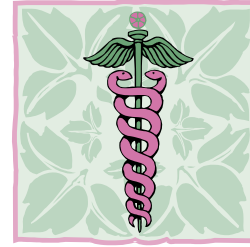


Dana M. Coberly, M.D.
LIPOSUCTION
After Care Instructions



- After surgery, it is important to have someone available to stay with you for the first 24-48 hours, as you will feel very weak and drowsy. You may require help the first few times you get out of bed.
- It is important to be out of bed and walking early and frequently, move your legs and ankles when in bed. Keep legs elevated above the level of your heart when not walking for the first 2-3 days. Please do not cross your legs as this can increase the risk of blood clots.
- Take deep breaths or use the plastic incentive spirometer provided for you at the hospital frequently (several times a day).
- If you have discomfort/anxiety, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- If you are having pain which is NOT relieved by the pain medication, call Dr. Coberly at 813-259-1550.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 10 lbs. (approximately the weight of a gallon of milk). After the 2nd week you should gradually increase your activity so that you are back to normal by the end of the 3rd week.
- The girdle must be worn AT ALL TIMES for TWO WEEKS. You may remove the girdle before showering beginning on the 3rd day after surgery. Be sure that someone helps you remove the girdle the first time you take it off. Some patients feel dizziness/ lightheadedness when the girdle comes off. This is normal. Sit or lay down for about 20 minutes BEFORE you shower.
- You may put the girdle in the washer and dryer while you are showering. Put the dryer on low or no heat setting.
- After the first two weeks, you may wear the girdle only during the day or only at night (which ever is more comfortable or convenient for you) for 2 more weeks. Many patients continue to wear the garment for comfort for several more weeks. You may purchase a Lycra girdle without zippers at a department store to wear for comfort after the first 4 weeks.

- The body retains fluid in response to surgery so do not expect to see any immediate weight loss for 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than in a decrease in pounds.
- Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months after surgery. The bruises will move down your body and change color as they are absorbed.
- Massage to the surgical sites will help increase circulation and alleviate the firm areas felt underneath the skin. Massage can begin 2-3 weeks after surgery.
- It is normal to have an itching sensation and /or numbness following surgery in the areas that underwent liposuction. This will gradually subside over the next 2-3 months.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 10 lbs. (approximately the weight of a gallon of milk).
- It is good to walk for 15-20 minutes 2-3 times a day.
- All incisions will be extremely sensitive during the healing phase. Direct sun is to be avoided. When going out, even on cloudy days, use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your doctor.
- If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please call your doctor.

MASSAGE THERAPY

Massage therapy can be beneficial following liposuction surgery beginning 3 weeks after the procedure. The following names are therapists recommended for this optional therapy. You may call them directly to set up an appointment if you so desire.

Suggested therapy is 2-3 times per week for 3-4 weeks. This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with liposuction. We also recommend circular massages with vitamin E oil and external ultrasound therapy as needed.