



## Body Contouring/Liposuction Post-operative instructions

Congratulations on your decision to pursue cosmetic surgery! I have prepared several pointers which will help you to best recover from your recent procedure, in order to obtain the safest and most satisfactory outcome.

### 1) Immediately after surgery:

- a) No heavy lifting (more than 5 pounds)
- b) Sleeping is usually most comfortable on your back, propped up on pillows, but you may sleep on your side if comfortable
- c) Wear your conforming garment at all times, to reduce swelling and support the contour of the area treated
- d) The dressing is to remain dry and in place until I see you for your first post-operative visit. Sponge baths are acceptable
- e) Moderate blood-tinged drainage on the dressings is common, and is not a cause for alarm
- f) It is advisable to go for brief walks every few hours (while awake) to improve circulation in your legs
- g) You may eat a regular diet; it is very important to keep well hydrated with liquids
- h) No driving until discussed with me
- i) Take all medications as prescribed:
  - i) Usually Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin or Advil
    - (1) Note that the pain medicine may make you nauseous or constipated; over-the-counter stool softeners such as Colace may be used, if you wish.
    - (2) Avoid straining with bowel movements
- j) Call my office to arrange a follow-up appointment for about 5 days after surgery
  - (1) **Things to watch out for; the presence of these conditions warrants a call to myself:**
    - (a) A rapid increase in pain, swelling and firmness, with severe bruising
    - (b) Difficulty breathing
    - (c) Vomiting after the first 24-48 hours
    - (d) High fevers above 38.5 C or 101.5 F
    - (e) Pain and swelling in one, or both, legs
    - (f) Inability to urinate
  - (2) **The following are commonly seen after surgery, and are not usually cause for alarm:**
    - (a) Pain, and significant bruising and swelling are normal and expected after surgery
    - (b) Low grade temperature is often seen early after surgery

(c) Nausea, vomiting, and constipation are occasionally encountered early after surgery

**2) Late post-operative period:**

- a) Lifting and exercise are permitted as tolerated by your comfort level
- b) Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately; check with me if you are unsure
- c) You may shower after the first office dressing change, and may gently wash directly over the incisions
- d) Wear your conforming garment at all times for the first 6 weeks, unless otherwise directed
  - i) The binder may be removed for showering, and for washing (air-dry garment only)
- e) Dry gauze may be placed over the incision if small amounts of drainage persist
- f) Your stitches will be removed one to two weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed

**3) If any of the above information is unclear, or any other questions arise, please do not hesitate to contact my office**

- a) **During office hours, Monday to Friday: 613-792-4137**
- b) **After hours and weekends: call my office, where you will be directed to the Plastic Surgeon on call;**
  - i) **Alternately, call the Queensway-Carleton Hospital switchboard at 613-721-7878, ext. 0, and identify yourself as a present patient of mine who needs to speak to the Plastic Surgeon on call.**
  - ii) **Additionally, my personal email is [askdrsilverman@rogers.com](mailto:askdrsilverman@rogers.com), though I cannot guarantee an emergent response via email.**

Wishing you a speedy recovery,  
H. Silverman, MD