



The Plastic Surgery Experts

Mark Mandell-Brown, M.D.

Suction Assisted Lipectomy (Liposuction) Instructions

Your First 48 Hours:

- **Very Important:** If you have excessive bleeding or pain, call the office at (513) 984-4700 day or night.
- **Your First 24 hours:** A family member or friend must drive you because you have received anesthesia. Someone should stay overnight with you.
- **Dressings:** Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so. The compression garment provided to you should be worn 24/7 except to shower.
- **Activity:** Take it easy and pamper yourself. Try to avoid any straining. You may go to the bathroom, sit, and watch TV **but no matter how good your feel, do not clean the house, rearrange the attic, etc.!** We do not want you to bleed and cause any more swelling and bruising than is unavoidable.
- **Patients should do ankle pumps 10 times each ankle 4 times an hour while awake to prevent Deep Vein Thrombosis in legs. Also patients should wear Knee High TED hose postoperatively until resuming normal activity.**
- **Ice Packs:** Cold or ice packs can be used to help to reduce the swelling, bruising, and pain. Use frozen peas or corn in the package and put in a zip-lock bag. This should help decrease bruising and swelling. If it feels too uncomfortable, don't use it as often.
- **Diet:** If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If Nausea is severe, call our office (513)984-4700. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.
- **Smoking:** Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 10 days after surgery.
- **Alcohol:** Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.
- **Driving:** Please don't drive for at least 24 hours and until you have discontinued your prescription pain pills.
- **Post Operative Appointments:** It is very important that you follow the schedule of appointments we establish after surgery.
- **You will need to bring Knee High TED hose for use the day of surgery.**

Mandell-Brown Plastic Surgery Center

10735 Montgomery
Cincinnati, Ohio 45242
513/984-4700

www.theplasticsurgeryexperts.com

Postoperative Care – Liposuction

- **Compression Garment:** We recommend that you wear a compression garment for several weeks after your surgery. In most cases the garment is provided to you.
- **Ice packs:** A significant amount of bruising accompanies liposculpture. Ice packs can be helpful with both swelling and discomfort. After liposculpture of the abdomen, it is not uncommon for the groin and genitalia to become markedly swollen and bruised. Do not be alarmed! The swelling and bruises will go away within several weeks. Ice packs will help the discomfort and swelling.
- **Showering and Bathing:** You may shower the day after surgery.
- **Post-Operative Visits:** Until your stitches are removed, clean the area with peroxide and Q-tips, then apply antibiotic ointment 3 times per day. Your stitches will need to be removed in one week.
- **Activity:** You may start walking immediately. You may continue the activities of daily living as you feel able. Do not return to strenuous activities or aerobic exercise for 2-3 weeks.

Longer Term Instructions

- **Activity/ Sports:** We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising and swelling. Do not resume strenuous exercise for 6 weeks. Dr. Mandell-Brown will give you clearance to increase your activities according to the progress of your recovery.
- **Driving:** You may resume driving when you feel you are able, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive. In addition, you may not drive if you are taking prescription pain medication.
- **Sexual Activity:** You may enjoy in sexual activity as your body allowed with the following restriction: please reread Activity/Sports above and apply the same concept to sexual activity.
- **Sun Exposure:** If fresh scars are exposed to the sun, they tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb—you might not "feel" a sunburn developing.
- **Work:** Follow whatever plan you and Dr. Mandell-Brown have agreed upon.

Mandell-Brown Plastic Surgery Center

10735 Montgomery
Cincinnati, Ohio 45242
513/984-4700

www.theplasticsurgeryexperts.com