



Post-Procedure Instructions for Liposuction, Lipotransfer & Skin Tightening

- Resume your usual diet as soon as possible. It is recommended that your first meal or two contain healthy fats such as salmon, avocados, extra virgin olive oil, coconut oil or walnuts to help your body clear the lidocaine. Drink adequate amounts of water to prevent dehydration and help flush your body of toxins. DO NOT drink alcohol 24 hours after procedure and while taking narcotic pain medication.
- A responsible adult should stay with you for the first 24-48 hours to assist as needed.
- Rest for the first 12 hours. DO NOT drive or operate hazardous machinery the rest of the day. DO NOT make any important personal decisions for 24 hours after procedure. Most people can return to a desk job within 2-3 days after procedure, although you may be sore and easily fatigued for several days to a week. You may carefully resume exercise and vigorous physical activity within 2-3 weeks after procedure, depending on your speed of recovery, type of procedure and pain tolerance.
- You will be sent home wearing a compression garment with absorbent pads. The absorbent pads are placed over the incisions to absorb the blood-tinged anesthetic solution drainage. During the first few hours after the procedure, if you discover some drainage leaking around the larger pads, simply apply a small absorbent pad over the area by sliding it under the garment. As the drainage slows you can cover the incisions with Bacitracin ointment (NO other antibiotic ointment) and fabric Band-Aids if needed.
 - DO NOT apply an ice-pack or a heating pad to the skin around the treatment areas for the first 24 hours.
 - DO NOT soak in water (bath, hot tub, pool, ocean) until incisions are completely healed.
- Compression garments are worn in order to hold the absorbent pads in place, and to provide compression to minimize bruising, and to maximize drainage of the blood-tinged anesthetic solution. You may take a shower the day after the procedure. You may experience brief dizziness and lightheadedness similar to what you experience when standing-up too quickly. These symptoms are usually the result of rapid decompression after the compression garments are removed. *To minimize this, lie down to remove the garment, give yourself 5 minutes before sitting up. Sit for 5 minutes before standing and getting into the shower.* If dizziness persists, sit or lie down until these symptoms resolve. For the first 7 days you may remove garments once a day to launder and take a shower. Starting on day 8 through day 30** you may remove the garments for 8-10 hours a day. It is fine to wear the garments for longer, as some people find it more comfortable. ****Breast reductions→** Bra/vest garment must be worn day and night for 3-4 months or as directed. ****Skin Tightening areas→** garments will be worn day and night for a minimum of 3 months.

Wearing the garments as directed is the key to a better outcome!

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- All incisions will be extremely sensitive to sunlight during the healing phase. Use sunscreen 30 SPF or higher (UBV/UVA protection) for one year after your procedure.
- Take supplements as directed until they are finished (*lipotransfer patients only*)
- Take the full course of prescribed antibiotics, as directed, until the prescription is finished. Take with food to minimize GI upset. Call our office if you notice signs of infection such as fever, foul smelling drainage, increased redness around incision sites, swelling, or increasing pain in one of the treatment areas.
- Narcotic pain medication may also be prescribed to take as needed for pain relief. Be aware that most of the prescribed narcotic pain medications also contain acetaminophen (Tylenol), so do not take acetaminophen (Tylenol) in addition to these medications. Take with food to minimize nausea.
DO NOT take benzodiazepine medications with narcotic pain medication unless directed.

COMMON SIDE-EFFECTS

- Flushing of the face, neck and upper chest may occur and can last for a day or two.
- Slight temperature elevation during the first 48 hours after the procedure is a natural consequence of the body's reaction to tissue trauma.
- Discomfort and soreness can be worse the second day after procedure, but then improves daily. Most patients describe the discomfort as resembling the muscle soreness one feels after a very strenuous workout.
- Bruising is usually minimal with Tumescence Liposuction. Nevertheless, the more extensive the procedure, the more bruising you can expect.
- Itching of the treated areas several days after procedure may occur as part of the normal healing response and may persist for a few weeks.
- It is normal to have pulling and pinching sensations for weeks to months after the procedure.
- The treated areas may turn hard, lumpy and feel numb. This is part of the healing process. After 7 days you can stretch and massage the treated areas as often as every day as firm as you can tolerate.
- Menstrual irregularities with premature or delayed onset of monthly menstruation are a common side effect of any significant procedure.

HELPFUL TREATMENTS

- Walking daily → start at a regular pace for the first 3-4 days and increase in speed as you feel comfortable. This will increase the lymph drainage, reduce swelling and fluid retention.
- You can apply Arnica lotion or gel to the treatment areas and take Arnica pills to reduce pain, and bruising. These can be purchased at most drugstores, Walmart, Target or online.
- After the incisions are healed you may soak in the tub with Epsom Salt to help reduce discomfort.
- Lymphatic drainage massage or MediCupping™ is helpful, if recommended by Dr. Tellis, starting 1-2 weeks after your procedure.

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