



PLASTIC  
SURGERY

## **Liposuction 360 degrees Post-Operative Care:**

### **RIDE HOME FROM SURGERY:**

You CANNOT drive after the surgery. Please refrain from driving until you are off of your pain medications.

### **BATHING:**

You may not shower until post-operative day 4 (this means 4 days after surgery), for example if your surgery is Monday then you will not be able to shower until Friday. DO NOT submerge yourself into a bath, do simple rinse and pat dry ONLY. You need to remove your garment to shower.

### **WHAT TO EXPECT WITH MY BODY:**

You will notice a big change in your body, however you should expect quite a bit of swelling and a large amount of bloody/pinkish drainage, do not be alarmed this is **normal** for the first 48 hours.

Areas may feel firm due to swelling or scarring.

Although the gauze will seem to get somewhat soiled, just leave the gauze in place until your allowed to bath on your postoperative day 4.

## **USING THE BATHROOM:**

You will notice that in your garment there is a slit that exposes your vaginal and anal areas, this will allow you to use the restroom.

## **MEDICATIONS:**

Only take medicine that is needed because the other medications can cause itching.

### **Mandatory:**

**CLINDAMYCIN OR KEFLEX** – This is your antibiotic, take one pill four times a day. Take the first pill when you come home from the operating room.

**Arnica Montana** – This is an herb that helps with bruising, take 3 pills along with your antibiotics 4 times a day. You may purchase this over-the-counter from almost all pharmacies. Start this the day of or the day after surgery.

### **As needed:**

**Tylenol with codeine or Norco** – These are your pain medicines, and you can take 1 pill every 4-6 hours IF NEEDED ONLY. This medicine can cause nausea, constipation, and itching, so use as necessary.

**Valium (if prescribed)** – This medication can be used to alleviate anxiety or relieve muscle spasms that can result shortly after surgery; you can take up to one tablet every 6 hours. This medication can make you drowsy or tired. So take only as needed.

## **FOLLOW UP APPOINTMENTS:**

Please follow-up as instructed by your doctor.

Prior to your 2-week follow-up please **purchase a corset**. Possible sources for these garments are; Fredrick's Of Hollywood or Corsetstory.com. It is strongly suggested that you go and try these on in person to insure that the corset provides shapely compression and does not impinge on the upper portion of the buttocks. The best styles are lace up on the back and multiple hooks up the front to allow the corset to be downsized as your swelling diminishes over time.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE  
LET US KNOW!**

**THANK YOU**