



DR. KELLER/DR. THELLMAN

LIPOSUCTION DISCHARGE INSTRUCTIONS

The anesthetic may make you drowsy and slow your reaction time; therefore, for 24 hours:

- 1. Do not consume alcoholic beverages
- 2. Do not drive a vehicle or operate machinery
- 3. Do not make legal decisions or sign legal documents

You may experience a sore throat. For relief you can take over the counter throat lozenges. If your sore throat lasts longer than 2-3 days please contact your surgeon.

Rest quietly today. Have a responsible adult stay with you today and overnight.

INCISION SITES

- o Incisions are closed with small stitches.
- o In the hours following the procedure it is not uncommon to have fluid drain from these sites.
- o Change the gauze dressing as needed.
- o As your recovery progresses over the next few weeks, you will be allowed to wear this less.

SUTURE REMOVAL

- o Stitches will be removed 5-7 days.
- o A small amount of redness around the incisions as they heal is normal.
- o You may apply antibiotic ointment to the sutures as long as they are in.

SCAR INSTRUCTIONS

- o Small incisions are placed so that they will be as inconspicuous as possible.
- o After your sutures are removed you may have steri strips placed over the incisions.
- o Leave steri strips alone until they come off.
- o If they become wet, pat them dry.
- o After the strip loosens around the edges, it may be removed.
- o The healing scar should then be protected by sunscreen; if area is exposed to sun.
- o This will aid to prevent darkening of the scar.
- o You may apply aloe vera or vitamin E to the scar if you desire.
- o Wait until your incisions are healed before starting this.

YOUR PRESSURE GARMET

- o After the procedure, you will be wearing some type of pressure garment (chin strap, shorts, abdominal binder) to apply firm, even pressure on the suctioned area.
- o Wear this at all times.
- o Remove only for washing (yourself or garment) or using the bathroom.

ACTIVITY

- o Take it easy.
- o Everyday activities (shopping, going to movies, etc.) are OK and walking is encouraged.
- o Refrain from strenuous activities (running, aerobic exercise, etc.) until you are instructed otherwise.

BATHING

- o Keep incisions dry for 24 hours.
- o You may shower after 24 hours.
- o Avoid soaking in water (bathing, swimming) until incisions are completely healed.

DIET

- o Resume regular diet. (You may find that your appetite is less than normal.) Make sure you drink plenty of fluids.

WHAT TO EXPECT

- o The amount of pain varies and depends on the areas suctioned, the amount suctioned, and the individual.
- o Swelling after the procedure is expected.
- o Not only in the areas treated, but in other areas of the body as well.
- o This will improve after 48 hours, but ultimately may take weeks or even months to disappear completely.
- o Occasionally bruising appears immediately, but more often gradually in 1-7 days following the procedure.
- o It may take 1-4 weeks for bruising to disappear.
- o You may apply a cool pack to the area. Do not apply heat.

MEDICATION

- o Take prescribed medication as directed.
- o If your pain is less severe, you may take Tylenol, Advil or similar over the counter medications.
- o Avoid aspirin.
- o Most pain medications can contribute to constipation. Increase fluids, fresh fruits and vegetables to help with constipation.
- o Some of the pain medications may make you drowsy, therefore do not drive while taking them.

NOTIFY YOUR SURGEON IF ANY OF THE FOLLOWING OCCUR

- o Elevated temperature above 100.5 degrees.
- o Increasing pain or pain unrelieved by pain medication.
- o Generalized redness, warmth, pain and swelling in a suctioned area.

FOLLOW UP

- o Call if you have any questions or concerns. Our office number is **785-843-7677**.
- o Please call our office and schedule your follow up visit in _____.

PRESCRIPTION

OTHER INSTRUCTIONS

I HAVE READ THE INSTRUCTIONS AND UNDERSTAND THEIR MEANING.

Signature of Patient or Responsible Adult:

If any problems occur, or if you have further questions **CONTACT YOUR PHYSICIAN**. If you are unable to reach your physician and feel that your signs and symptoms warrant a physician's attention go to the **Emergency Room Closest to You**.

Instructions Given by: _____

Date: _____ Time: _____
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