

**CENTER FOR PLASTIC & COSMETIC SURGERY**  
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**LIPOSUCTION (Suction-Assisted Lipectomy)**

You are about to undergo a Liposuction procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

**PRE-OPERATIVE INSTRUCTIONS:**

This procedure lasts approximately 2 to 3 hours depending upon how many areas are being treated. You will spend about an 1-1/2 to 2 hours in the recovery room. You will be discharged home when stable.

You must have someone drive you home and stay with you during the first 24-hours following the surgery.

Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for three weeks prior to the surgery.

If you are a smoker, you should stop smoking at least three weeks prior to the surgery and for three weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.

Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

**DAY OF SURGERY EXPECTATIONS:**

You will be sent home from the surgery center wearing some type of compression garment. This garment is to be worn 24 hours a day for a total of 2 weeks. You may take this off to go to the bathroom, shower or to take a break. For the most part you should wear this continually. For the second 2 weeks wear this garment only during the day when you are most active.

You may shower 24 hours after surgery, but do not tub bathe.

It is normal to leak pinkish fluid from the incision sites that could soak your dressings. Be careful not to stain your bed linens, couches, clothes, etc. You may wish to sleep with some towels underneath yourself to catch the fluid. Some patients will not leak fluid and this is normal as well.

Rest for the first 24 hours after surgery. Normal light daily activity is allowed.

It is normal to have unevenness or irregularity within the first few weeks after the surgery. This is normal and is due to the swelling. Be sure to continue to wear your garment as instructed.

## RECOVERY EXPECTATIONS

### Week 1

It is normal to have bruising, soreness and swelling during the first week or 2 after the surgery. Bruising may subside after 2 to 3 weeks. The swelling can last up to 4 to 6 months and this is normal.

When you increase your activity, you may notice more swelling and this is normal. You may want to wear your garment while exercising for more support.

Change the Band-Aids or dressing over the incision sites but leave the steri-strips in place. If the steri-strips come off, simply apply a small amount of antibiotic ointment each day and cover it with a new Band-Aid.

Make a follow-up appointment within the first week after the procedure. At that time we will remove sutures and give you further instructions.

### Week 2 and Beyond

Expect bruising for 2 to 3 weeks.

Swelling is most prominent in the first 2 weeks after the procedure but can persist up to 4 to 6 months before your final result is achieved.

It is normal after 4 weeks, when you are beginning to increase your activities, to have more swelling. This will go away.

## PRECAUTIONS

If you have questions or are unsure of your postoperative recovery, please call the office for instructions. If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain, significant swelling, rock-hard firmness in areas that have been liposuctioned, fever, chills or a "hot-to-touch" sensation.