

**Dr. Trevor M. Brooks MD, FRCSC
Plastic, Hand & Cosmetic Surgery**

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Call our office or go to a Walk in Clinic if you have:

- Fever over 37 degrees
- Yellow, green or foul-smelling drainage
- A large red area around the incision
- An allergic reaction to the medications, or dressings (this could be shortness of breath, a rash/redness, hives, etc.)

Liposuction Post Operative Care Instructions

Preparations At Home: You may wish to use a mattress cover (or plastic table cloth below your sheet) as you may have blood tinged bodily fluid leakage from the surgical puncture sites for a few days. The fluid will decrease over the first few days. Sleep in a position that is comfortable to you.

Garments/Bandages: Remove your larger bandages 24 hours after surgery. There will be bloody drainage on the dressings – this is normal. Leave steri strips (small white tape) in place for 1 week or until they fall off on their own.

Your compression garments that were applied in the operating room should remain on almost all day long 20/24 hours a day for 4-6 weeks following surgery.

When you remove your garments for the first few times, lay down as you may feel faint. Your garments are designed to help minimize swelling. Swelling is to be expected.

If significant bleeding occurs, hold constant & firm pressure for 10 mins with a clean towel. If bleeding continues and cannot be stopped, seek emergency care and then contact Dr. Brooks to inform him.

Showering: For 1 month - no soaking of any kind (baths/hot tubs/pools/bodies of water). You may shower 24 hours after surgery. You will notice bruising and swelling & this is normal. Dry the area gently by patting with a clean towel or allowing to air dry. Steri-strips are to fall off on their own. When steri strips are off, place a very thin layer of Polysporin over the puncture sites every day.

You will see Dr. Brooks at his office 7-8 days after your surgery for your first follow up appointment.

Medication: Take your regular medications as prescribed (unless Dr. Brooks has specifically instructed you otherwise). Typically a pain medication, an antibiotic and a muscle relaxant will be prescribed after surgery.

DO NOT DRIVE WHILE TAKING THE PAIN MEDICATION.

Make sure to finish the entire Antibiotic prescription.

Once done the pain prescription, you may use Acetaminophen (TYLENOL) unless Dr. Brooks has instructed you otherwise.

Your Follow Up Appointment: 7 days after your surgery Dr. Brooks will want to see you again. To ensure you get in within this time frame please call promptly after your surgery to set up the appointment 403-487-0460

AVOID ADVIL (ibuprofen) and inflammatory meds (Alleve) for the first 7 days.

Return to Work: Most patients are able to return to work 3-4 weeks after the surgery. People with jobs that require heavy lifting may require more time before returning to full duties. We can provide you with a work note.

Activity: You should take it easy for the first week, but you NEED to be UP and walking around 4-5 times a day. Avoid activity that can increase your blood pressure and heart rate.

Do not do sports, heavy house/yard work, or use exercise equipment until 4-6 weeks after surgery, or Dr. Brooks has given you the go ahead.

Avoid lifting, pushing, pulling any object heavier than 10 lbs for the first 4 weeks (for reference a 4L milk jug is 9 lbs).

Avoid sexual activity for the first 2 weeks, and then be careful for the next 2 weeks.

Massage: 2 weeks after surgery you may begin to massage the areas where liposuction was performed. Massage will aid with lymphatic drainage and helps to soften the tissue. Some massage therapists specialize in lymphatic drainage, as do the aestheticians at Essentials Medi-Spa with HydraFacial's lymphatic drainage system.

A high quality silicone scar gel is available at Dr. Brooks's office, but there are also many available at most pharmacies over the counter.

Diet: Resume your regular diet. Drink plenty of fluids, but stay away from alcoholic drinks for 1 week and limit caffeinated drinks for 1 week.

Avoid Smoking for 3 months before and 6 weeks after surgery for better wound healing. Nicotine constricts blood vessels.

Sunshine: After 3 weeks if your surgical site is to be exposed to sun, apply sunscreen of SPF 45 or higher for at least 1 year to prevent the small scars from changing to a darker colour.