

## **INSTRUCTIONS ON CARING FOR YOURSELF AT HOME**

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### **INSTRUCTIONS FOR LIPOSUCTION OF THE BODY**

#### **Pre Op Preparation:**

**-Wash areas above and below surgical sites, night before and AM day of surgery with Hibiclens liquid soap.**

**-Use no skin creams, lotions, deodorants, etc. after washing with Hibiclens.**

#### **WHAT TO EXPECT:**

- **Swelling:**           **Expect to be swollen.** This is due to the swelling in the tissue after fat removal. Swelling peaks 3-5 days after surgery.
  
- **Bruising:**           **Expect some discoloration to the areas that were treated.**  
  
                                  In patients who undergo abdominal liposuction your genital area can get discolored.
  
- **Oozing:  
(bleeding)**            You may have some blood-tinged drainage staining your garment. This will increase when you move about during the 1<sup>st</sup> few days and gradually cease (this is the fluid that was used for irrigation during your procedure).  
  
                                  If you are oozing, place gauze or folded washcloth on the area underneath your garment to provide compression.  
  
                                  Purchasing plastic backed underpads to sleep on for the first night after your surgery will protect your sheets from staining due to drainage.
  
- **Discomfort:**        You may have minimal discomfort or pain.

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### **POST-OP CARE:**

- **Swelling/Bruising:**

- Limit the use of salt products and alcohol for **4-6 weeks** after surgery as these **increase your swelling**. You can expect fluctuations in swelling with humid weather, hormonal changes and salt consumption in your diet.
- You **MUST** considerably increase the amount of fluids that you drink for the **48 hours before and after your surgery**.
- Please do not take aspirin, advil, aleve, motrin, multi-vitamins, or vitamin E for a minimum of 2 weeks after surgery.
- Wearing different support garments, lymphatic drainage, ultrasound and massage therapy help to enhance the healing process. **These options will be discussed with you during your post-operative visits.**

### **Incision Site:**

- Absorbable sutures (generally clear or white in color) will gradually dissolve from 10 days to a few weeks after surgery.
- Non-absorbable sutures (black in color): will be removed in 5-10 days after surgery
- Suture removal will be by Dr. Constantine

Scar gels and/or scar pads are recommended for use on incision sites and will be instructed on when to start using by Dr. Constantine

### **Constipation:**

- Drink at least 8 glasses of water a day
- If necessary, take 1 tsp Metamucil in an 8 oz glass water once a day.

- **Pain**

- Take your prescribed pain medication as directed.
- Once your discomfort is manageable, consider switching from your prescribed pain medication to extra-strength Tylenol.

- **Nausea / Vomiting**

- Please take "Zofran" as directed.
- This sensation will pass in time and is most likely due to pain medications you are taking.

### **Flying After Surgery:**

#### **For flights longer than 2 hours:**

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- take one Aspirin the day of the flight
- do leg exercises on the plane
- drink one bottle of water per hour of flight
- walk on the plane once per hour
- no caffeine
- no alcohol

### **Compression Garment / Circulation:**

*The purpose of the garment is help keep swelling down and support.*

*The purpose of loosening the garment and leg movement is to aid in circulation.*

- A compression zippered garment may or may not be worn following surgery. **You are responsible for obtaining this garment and if you choose to wear the garment, please put on the 1<sup>st</sup> day after your surgical procedure. A list of where to purchase garment(s) is included with these instructions.**
- DO NOT SLEEP IN THE GARMENT (This is extremely important for your circulation).
- if you choose to wear the **compression garment\*** it can be worn for the first two post operative weeks or until the bruising is gone. The garment is only for support and will not make a difference in the outcome of the surgery.
- It should be loosened or removed every 1-2 hours for 15 minutes.
- Change leg positions often and do not keep knees in a bent position for long periods of time, as this will compress the veins of the leg.
- When lying down or sitting, wiggle toes, lift legs, bend knees, or change positions frequently to aid in circulation, even up to 3-4 weeks after surgery.
- The first few days after surgery, make sure you are seated or lying down when loosening or removing the compression garment. **Transient dizziness is common.** Get up from a sitting or lying position slowly.
- The compression garment should be somewhat loose, *not* constricting or tight. The edges of the garment **must not** dig into your skin. **Readjust the garment at once if you feel any friction;** this is especially important at the top of the thighs in a short girdle or binder. You may pad an area that rubs or feels irritated with cotton or a soft washcloth
- Lycra leggings or support pantyhose may be substituted after the first week. This will be discussed during your first post-operative visit.
- The longer you wear some type of compression garment, the more support you will have.

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### **Purchasing Compression Garments:**

- **You will need:**
  - \_\_\_\_\_ ankle length zippered girdle
  - \_\_\_\_\_ knee-length high-waisted zippered girdle
  - X   9 inch abdominal binder
  - \_\_\_\_\_ Individual Arm sleeve garments
  - \_\_\_\_\_ Zip-Front Vest for male chest liposuction
- Listed below are a few companies you may order from:

***Website ordering: If ordering on line, do not order without verifying if you must measure areas of your body prior to purchasing. Do not exclusively order by size without verifying this!***

**www.designveronique.com  
1-800-422-5800**

Please feel free to ask them for assistance in obtaining the proper garment size. The garment should fit slightly loose.

We recommend getting (2) garments so one may be worn while the other is being washed.

### **DO's / DON'T's**

- You may shower **24 hours** after surgery. **Do not** let the stream of the water directly hit the affected area.
- You may not drive a car until your sutures are removed during the first week.
- Avoid exposure to sun. Use a sunscreen with SPF 50 or higher with UVA and UVB protection whenever you are in the sun .
- Avoid heavy lifting or strenuous activity for the first week to ten days following surgery.
- You may gradually resume your regular regime after this time period.

**You have recently undergone surgery! DO NOT exert yourself. Avoid activities such as exercise, driving, bending, lifting, etc., for a minimum of 2 weeks. Even if you feel good, use common sense. If you think you should not do something - DON'T!**

### **Points to keep in mind:**

- You will see results immediately after surgery; however, this will not be reflected when you weigh yourself. It is important to remember that swelling and skin contraction continue to improve for a period of 3-4 months or more following surgery.

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