

## Discharge Instructions Liposuction

DATE \_\_\_\_\_

- Dr. John Shore     Dr Sean Blaydon     Dr. Tanuj Nakra     Dr. Vikram Durairaj  
 Dr. Emily Bratton     Dr. Marie Somogyi     Dr. Brett Davies     Dr. Natalie Homer     Dr. Aliza Epstein

**CALL IMMEDIATELY FOR THESE PROBLEMS:** Office (512) 458-2141 M-F 8am-5pm  
After hours & weekends (512) 458-1121

- Pain not controlled by medication.
- Fever over 101 degrees with increasing pain, redness, swelling, and drainage from wound.

### DRESSING

- You will have your post-op garment put on immediately after surgery. Do not remove the garment until the first office visit. You may remove the small wound dressings under your garment tomorrow.
- You should wear your garment at all times except when showering for 1 month, unless instructed otherwise by your surgeon.

### MEDICATION

- Continue your regular medications unless otherwise instructed by physician.
- Take prescription **pain** medication for moderate pain. Tylenol/Extra Strength Tylenol for mild pain. Take pain medication with food to avoid nausea.
- You were given pain medication in the surgery center. Next dose of pain medication at \_\_\_\_\_.*
- DO NOT** take Aspirin, Aspirin containing products or anti-inflammatory medications (NSAIDS e.g. Advil, Motrin, Aleve, etc.), for 2 days after surgery.
- Blood thinning medication such as Coumadin, Plavix or Aspirin can be restarted on \_\_\_\_\_.*  
Other medications:  Promethazine as needed for nausea. Next dose: \_\_\_\_\_  
 Medrol Dose Pack starts \_\_\_\_\_

### ACTIVITY

- Rest quietly at home for two days after surgery.
- Stay in the company of a responsible adult for 24 hours after surgery.
- When bending, bend at knees only, and not from waist.
- You may start walking immediately. Do not return to strenuous activities or aerobic exercise for 2-3 weeks, and until approved by your surgeon.
- Wear comfortable clothes that are not binding at the waist for the first for 2 weeks.
- Protect the bruised areas from the sun until the bruising fades completely
- Do not drive** while taking prescription pain medication. **Do not smoke** for 2 – 4 weeks following surgery.

### HYGIENE

- You may shower 24 hours after surgery.

### DIET

- Resume regular diet.
- No alcoholic beverages for 1 week after surgery, or while taking prescription pain medication.

### OTHER \_\_\_\_\_

FOLLOW UP APPOINTMENT \_\_\_\_\_ days.     PLEASE CALL 512-458-2141 FOR APPOINTMENT

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