



Limited Liposuction Instructions

This handout provides information on how to prepare for your liposuction operation and what to expect as you are healing after your operation. Please read the handout carefully. Feel free to ask questions at any time.

Important information about preparing for your liposuction operation:

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin), Vitamin E or red wine for 2 weeks prior or for 2 weeks after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.
2. Your prescriptions will be sent to you ahead of time. You should fill these prior to surgery and have them available for when you arrive home from the hospital.

On the day of your operation:

- Do not wear makeup, contact lenses or jewelry on the day of your operation.
- Please keep your valuables at home.
- Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front.

After your operation:

1. After your operation, you will have a compression garment on. Underneath the compression garment there are tiny incisions with small bandages covering them. It is normal to have oozing from the incision areas that may stain the bandages.
2. Leave your compression garment on for 48 hours. After 48 hours you may remove the garment and shower. Remove the garment while you are lying in bed to avoid feeling dizzy. Have someone assist you to the shower in case you feel faint.

3. Once the garment is off, you will see bruising and swelling. You will see the small bandages covering the incisions. The small bandages are able to get wet. After the shower pat the bandages dry and replace the compression garment.
4. The compression garment must be worn as much as possible except when showering for 3 weeks. The more you wear the garment, the sooner swelling will resolve and the result will be seen.
5. An occasional complaint after the operation is nausea. This generally passes within 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take your pain medication on an empty stomach as you may experience nausea and/or vomiting.
6. Use the pain medication as prescribed when you are feeling uncomfortable.
7. You should not perform heavy chores for 48 hours. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.
8. Heavy exercise must be avoided for 2-3 weeks. Light exercise is permitted at 1 week.
9. Avoid the sun until bruising is gone. Apply sunscreen to the liposuction areas and directly over the scars. It is recommended that you continue to use sunscreen for general health purposes.
10. There are no restrictions on driving. Be aware that pain medications cause drowsiness and should not be used before driving.

What to expect as you are healing:

1. Expect to feel slightly sore for 2-3 days after the operation.
2. You will have bruising and swelling in the liposuction areas during the first few weeks.
3. You may also experience numbness in the liposuction areas. The numbness is to be expected and will resolve in several months.
4. Your incisions will appear as tiny lines. Most incisions are inconspicuous after a few months.
5. The final result from liposuction needs to be judged 6 months after your operation.

Follow-up appointments:

1. You will have several follow-up appointments after your liposuction operation.
2. Your first follow-up appointment will be at 1 week. At this time, you will have the small bandages removed. There are steri-strips under the bandages that will be changed. You may shower over the steri-strips and allow them to fall off on their own.
3. Subsequent appointments will be suggested by Dr. Gerstle as needed.

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