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Post-op instructions - Liposuction

Dressing: You will have a surgical dressing with the compression garment at the end of procedure and before you are transferred to recovery. Dr. Abolmaali usually uses butterfly tapes (Steristrips) covered with a transparent water impermeable dressing. The compression garment should be worn all time (24 hours a day) during the first 3 weeks after surgery and half-time (at least 8 hours a day) for the following 3 weeks. Remove the garment when showering. Keep your compression garment clean and wash it as needed to avoid infection.

Sutures: Most commonly the sutures will dissolve in a few weeks. Occasionally, the ends of sutures need to be trimmed during the post op visits. This will not normally cause any pain or discomfort.

Surgical site care: Normally you will be instructed to shower 48 hours after the surgery. You may allow soap and water to run over the surgical sites in the shower without rubbing anything against the incision sites. DO NOT take baths for at least 2 weeks (only showers). After shower, you may either air dry the area or blot it using a clean towel. After the surgical dressing is removed, puncture wounds may be cleansed with hydrogen peroxide and covered with antibiotic ointment until healed.

Activity: It is normal to feel tired for the first couple of days. We recommend increasing your activity as tolerated without overexerting yourself.

Diet: Eat something light for first night after surgery, as you may experience nausea due to the anesthesia medications. You may have regular diet from second day. Try to eat plenty of fruits and vegetables with lots of fluids to avoid constipation.

What to expect: Swelling, bruising is normal. There will be quite a bit of drainage the first 24 to 48 hours, which might be blood tinged. Pads may be taped over the puncture sites and worn under the compression garment during the heavy drainage period.

The treatment areas may feel rigid or hard to touch for a few weeks until swelling subsides. The skin may also feel itchy or numb. Areas that have become thickened or firm may be massaged several times daily to soften and improve the result. Final results may not be evident for up to 6 months or longer.

Signs to watch for: Call the office immediately if you experience any of the following:

- A high fever (over 101F)
- Severe nausea/vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Chest pain or shortness of breath
- Tingling around mouth/ severe headache

Scar management: Normally Dr. Abolmaali will use Steristrips for 2-3 weeks post operatively. After they are removed, you will be instructed whether or how to minimize further scarring by massaging the area and applying Silicone products such as scarguard, NewGel, Silagen, Biocorneum and or silicone sheets.

Obviously, patient care is very individualized and you will be instructed by Dr. Abolmaali before the surgery and/or during postoperative follow-ups of more individualized instructions.

If you have any questions/ concerns, please contact Dr. Abolmaali on his cell phone +1 (502) 265-6225; Alternatively, you may text this number.