

Dr. Christopher D. Taylor, M.D., Inc
F.R.C.S. {C}
Plastic Surgery

#301, 1625 Oak Bay Avenue
Victoria, B.C., V8R 1B1

www.plasticsurgeryvictoria.ca

Telephone: 595-6009
Fax: 595-4077

LIPOSUCTION POST - OPERATIVE INSTRUCTIONS

- Rest and avoid physical activity for the first week and this will significantly reduce bruising.
- Applying ice to the area of surgery for the first 48 hours may reduce swelling and discomfort. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas/corn. Always cover any ice product before applying to your skin.
- You should drink lots of water as well as non- citric juice or non- diet soft drinks for the first several days after your surgery. If you are not urinating as much as normal, increase the amount of water you are drinking. If after this, you continue to urinate less than normal, call Dr. Taylor.
- You will be placed in a liposuction compression garment following your surgery. This should be worn continuously for three weeks. Once you are comfortable, you may remove the garment in order to shower. Use an antibacterial soap (Dial, Hibitane) for washing. You may wash your compression garment as necessary after the first 72 hours.
- There may be some fluid drainage from the incisions for the first several days. Place a small bandage or gauze over incisions until they stop draining.
- Once your are comfortable and your incisions have healed, begin to firmly massage the surgical area for five minutes three times daily. Continue this for several months until the swelling has settled and the sensation has returned to normal.
- If you are going to be in the sun, regular use of sunscreens over incisions is recommended. Examples are **RV Paque by ICN (semi-opaque)** or a sunscreen with **SPF 30 (Pre-sun 30 or Ombrelle Extreme 30)**.
- Do not use Vitamin E cream in the first six weeks as this may widen your scars.
- You will have sutures in your incisions that should be removed in 7-10 days. Please phone Dr. Taylor's office to book an appointment for this, unless one has been scheduled.
- **Call Dr. Taylor if any of the following occur:**
 - Increased pain
 - Increased swelling/redness, specific to one area only
 - Fever/chills
 - Foul odour and/or increased drainage from incisions
- You did receive medicine for sedation therefore you **MUST NOT** operate motor vehicles, boats, power tools, or machinery for 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. A responsible adult **must** be with you for 24 hours following surgery.

PRESCRIPTIONS :

- Empracet 30 _____ Take one or two tablets instead of the plain Tylenol every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine.
- Filling prescriptions in advance will avoid having to do so postoperatively
- If you can tolerate Ibuprofen please take 400mg three times per day with meals and also take regular Tylenol 1000mg four times per day, **unless** you are using a prescription medication that has Tylenol in it.

FOLLOW- UP APPOINTMENT : _____