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### **After Liposuction Surgery**

You should be up walking with assistance on the evening of surgery and as much as possible daily thereafter. Try to ambulate each hour while awake. Do not spend hours at a time lying or sitting and avoid crossing your legs at all times. These practices will minimize the chance of developing blood clots in the legs (deep venous thrombosis or DVT), a potentially very serious condition.

Drink at least two liters of fluid in the first twenty-four hours. Gatorade or Vitamin Water are excellent fluid replacements. Staying seated or lying down for prolonged periods is not recommended. If your calves and ankles have been treated keep your feet elevated when sitting.

Continue to take the Arnica and Bromelain for two weeks. Do not take drugs on your "Medications to Avoid" list for two weeks. Remember not to smoke at all for at least three weeks although abstaining for six weeks is optimal for proper wound healing. Begin taking your antibiotic when you get home from surgery and continue as directed for one week. Take your prescription pain medication every four to six hours as needed but switch to Tylenol as soon as possible. Constipation can occur after surgery due in part to narcotic pain medications. Increase your intake of water, fruits, and fiber to help prevent this. Milk of Magnesia or Colace (both available at pharmacies over the counter) are often helpful if constipation persists. Substituting Tylenol (acetaminophen) for your prescription pain medication will also help prevent constipation.

It is normal for liposuction sites to ooze considerably for the first twenty-four hours. Line your car for the trip home and your bed for the first night with either Chux underpads (available at most pharmacies), plastic, or old sheets and towels to prevent staining. The support garment placed at the conclusion of surgery may become heavily stained in some areas.

You will need to purchase two liposuction support garments. We recommend that you purchase these either in Manhattan at Falk Drugstore, located at 1167 1<sup>st</sup> Avenue on the corner of 64<sup>th</sup> Street (212 744-8080), at [www.DesignVeronique.com](http://www.DesignVeronique.com), or at [www.makemeheal.com](http://www.makemeheal.com). Please refer to the liposuction garment guidelines for further instruction. The Veronique website can recommend your size based on your measurements so that you can order your garments online. Your garment size should be the same as what you normally wear. For example, if you wear medium size clothes, your garment should also be a medium.

The support garment should be worn continuously for two weeks. It should be removed only for showering, which can begin two days after surgery. Baths should be avoided for two weeks post-operatively. Have someone assist you when you remove the garment for the first

time because you may feel lightheaded. After showering you may leave the small incisions exposed and switch to the clean garment. You will need assistance putting the garment on at first. The soiled garment may be hand washed and worn again. After five days you may begin to gently rub the incisions with a soft sponge or washcloth while in the shower. This will help the sutures dissolve. The ink marks from the preoperative drawings will gradually fade. Do not scrub the skin to remove them. If your skin is dry you may begin to use a body moisturizer after five days.

Swelling is a normal part of the recovery process and will begin to subside after one week. As swelling begins to dissipate it will travel down the body and settle in your lower extremities. Final resolution takes at least three months. Your clothes will feel tight at first. Most the bruising resolves within two weeks although there may be some areas that linger for as long as four weeks.

Driving, flying, and return to sedentary work are permitted after one week. Sexual relations should be deferred for two weeks or until the treated areas are no longer tender. Light exercise such as use of an exercise bike or light weight lifting may be resumed after two weeks. Heavy weight lifting and more strenuous cardiovascular exercise such as jogging and swimming can begin three weeks after surgery. When you are outside protect the treated areas with sunscreen having a sun protection factor (SPF) of at least 15.

### **Private Duty Nurses**

Dr. Hidalgo will recommend that you have a private duty nurse overnight if you are having large volume liposuction performed. The nurses that we use are registered nurses who have been hand selected by Dr. Hidalgo. They are independent contractors and charge a separate fee for their services (\$75 an hour). The nurses will work a minimum of an eight hour shift. Your nurse will monitor your surgical site or sites, ensure proper positioning, and assist you with medications and other needs.

Your private duty nurse will meet you at the office when you are ready to leave to escort you to your home or hotel. Plans for transportation should be made prior to surgery (e.g., car service, family car or taxi). If you plan to recuperate outside of Manhattan, you must provide car transportation to and from the city for your private duty nurse. Traveling time is an additional one hour fee. Please be aware that arrangements for the nurse need to be made well in advance of your surgical date. We ask that you give 48 hours notice if any changes need to be made in scheduling. You may schedule your private duty nurse during your preoperative appointment.

If you have any questions call the office and ask for one of our nurses.