



## Recipe for Success

Welcome to your recovery from liposuction surgery!



## Ingredients

- Cold compresses, gel packs, frozen peas, or ice packs.
- A responsible adult to stay with you for 24 hours after anesthesia.
- Waterproof absorbent pads to protect your car seat, bedding, and carpet.
- Water container that holds at least ½ gallon for the day after surgery.
- Depend® undergarments in your size.
- A positive attitude!



## Directions

You will go home wearing a compression garment and absorbent pads layered underneath to collect the liposuction drainage. This garment will remain on until the drainage has stopped or drastically slows down. This takes about 2-3 days. You will be able to shower in 2-3 days. Follow the instructions given on your first appointment after surgery. It is important that the compression garment is kept on 24 hours a day except when you are in the shower. This garment has an opening between the legs to allow you to use the bathroom without taking it off.

The drainage is mostly the solution injected under the skin during liposuction. It will be mixed with some blood and will gradually become lighter in color.



## Recipe for today

1. You will be going home to rest and will need some assistance getting up and walking around. You may feel lightheaded for the first day after surgery and occasionally for the first week. Shifting in fluids between your vascular system and subcutaneous tissues usually causes this. It is normal for this shifting to occur for a few days. Patients having multiple large area liposuction should expect this intermittent swelling to occur for several weeks. When you get up, sit on the side of the bed for a few minutes and then get up with help.
2. If you were going to get sick from the anesthesia, it would have happened within the first 3-4 hours after surgery. If you are nauseous, it is usually because you have taken medicine on an empty stomach, or you are not drinking enough fluids and are becoming dehydrated. We encourage beverages with sugar and caffeine to help jump-start the system.
3. You should get up and move around the house every 2-3 hours during the day to keep your circulation stimulated. This will help prevent forming blood clots in your legs.
4. Your local (numbing) medicine will last from 6-12 hours. Take your pain medication at the first sign of pain. Some areas will remain numb for several months after liposuction. This is normal. Some patients experience a burning sensation following liposuction. This burning is temporary and is usually gone by morning. Ice and increased fluids will be helpful.
5. Expect to run out of energy about mid-day. Expect to feel tighter and more swollen by the end of each day. This is normal and temporary.



## Recipe for tomorrow morning

1. Get up, eat breakfast, and stay busy until naptime.
2. Spend your days in the main house if possible and save bed for nighttime. You will sleep better.
3. Your drainage should be less today.
4. Begin to drink your  $\frac{1}{2}$  gallon of water before noon each day. This is very important! It will help with any dizziness and help to flush away any toxins that have accumulated due to the surgery.