



# new england plastic surgery group

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## VASER® Liposuction Post-Operative Instructions

Your follow-up appointment is scheduled for \_\_\_\_\_.

You have received a prescription for \_\_\_\_\_ for pain relief. Alternatively, you may take Tylenol. Avoid aspirin and ibuprofen products (Motrin, Aleve, etc.), as they will increase your risk of bleeding.

**WHAT TO EXPECT:** You will be bruised and extremely swollen. You received a moderate amount of fluid into your tissues directly to facilitate the LipoSelection®, but you will also retain fluid for several days. You will incur generalized swelling, although this may be most pronounced in your lower extremities, groin, and areas outside of your compression garment. Much of the extreme swelling will decrease noticeably in the first several weeks. As far as the areas of targeted treatment, you will notice significant changes in the first 1–2 months, with changes continuing to occur over the next several months. The areas treated may become quite firm, though this is to be expected. You should begin massaging the areas when firmness occurs. You may have some numbness in the treated areas, though it usually resolves with time.

**CAREGIVER:** You might want to arrange to have a caregiver to assist you. If you need a caregiver, please let us know as we can provide you names of licensed individuals who can assist you with cooking, cleaning, and your general needs.

**DRESSINGS:** Unless instructed otherwise, you do not need to change your dressings. The clear waterproof dressings over your incisions and any sutures will be removed at your first visit.

**DRAINAGE:** During the first 24–48 hours, you may seep blood-tinged fluid from one or more incisions; this is normal. You may wish to protect your car's seat, furniture, and linens with plastic and towels.

**SHOWERING:** You may shower the morning following your surgery. Remove your support garment daily to shower. DO NOT soak your clear plastic dressings in the bathtub or hot tub. Use water of a comfortable temperature. Minimize high pressure shower flow directly to your surgical site(s).

**GARMENT:** If you had LipoSelection® performed on your knees, thighs, hips, or abdomen, a special elastic-type garment was placed at the end of your surgery to provide comfort and support while helping your skin conform to your new body contour. If your surgical garments were placed on you inside out, please continue to wear them that way to assure no irritation from the seams. The day following your surgery, you may remove the garment once a day for laundering, sponge bathing, and bandage changing. Continue to wear the surgical garment 24 hours daily (with exceptions as above) for the first 3-7 days and as directed by your physician for the second week, followed by 12 hours daily for 2 weeks or as instructed by your physician. Neck patients must wear chin garments for 3–4 full days without removal, followed by 4-7 days as often as possible. After the initial 2 weeks, you will wear your post-surgical garment or other compressive garment such as Spanx or biking shorts from your local department store for an additional 2–3 weeks.

**ACTIVITY:** It is important for you to be moderately active and walking the morning following your surgery to help prevent deep venous thrombosis (DVT), or blood clots, in your legs. Flex and extend your ankles to pump your calf muscles when you are in bed. Minimize activities that will raise your blood pressure or heart rate for 2 weeks following your surgery so as to minimize bleeding problems. Generalized restrictions include:

- No driving for 1 week.
- No sexual activity for 2 weeks.
- No heavy lifting (>5 lb) for 2 weeks.
- No strenuous pulling or pushing for 2 weeks.
- No strenuous aerobic workout for 2 weeks.

**SLEEPING/POSITIONING:** Sleep or position yourself such that the surgical site is elevated. Ideally, you will keep the involved area(s) i.e. foot, arm, face, etc. propped up above the level of your heart to minimize pain and swelling.

**DRIVING:** You may resume driving once you are off narcotic pain medications and when you feel comfortable behind the wheel. Keep in mind that you must be able to maintain control of your vehicle should you need to swerve suddenly to avoid an accident, have a blow-out, etc.

**ICE:** We do not recommend the use of ice packs. The normal blood supply to your skin has been disrupted with your surgery and your skin is very sensitive to decreased blood flow following surgery. Cooling the skin will further decrease the blood flow to your skin and the incision that is trying to heal.

**MEDICATION(S):** Take your medications as directed per your prescriptions. Please finish any antibiotics that have been prescribed. Continue all blood pressure, heart, and thyroid medications. Take any of your required medications at their usual time(s). Inquire with our staff regarding any medications in question, including those for diabetes. No aspirin, ibuprofen, herbal remedies, or dietary supplements for 2 weeks following your surgery.

**PAIN MEDICATIONS:** Take your pain medications regularly for the first several days. It is of greater benefit to proactively treat the discomfort prior to it becoming substantial than it is to treat unrelenting pain once it has already developed. It is important for you to perform your deep breathing exercises, to walk around, and to avoid excessive elevation of your blood pressure. Pain medications may be stopped, if not needed, or substituted with Tylenol should you not require a stronger analgesic. Avoid taking your pain medication on an empty stomach. You may resume ibuprofen after 2 weeks. Some pain medications cause constipation. If constipation occurs or if you require frequent narcotic pain medication, please take Colace or another stool softener as directed. Increase your fiber and water intake as well.

**NO SMOKING** for at least 2 weeks prior and 4 weeks following your procedure. Smoking affects circulation and will hinder the healing process and therefore may compromise your ultimate result.

**ALCOHOL:** Prior to your surgery, we explained that alcohol dilates your blood vessels, which could increase post-operative bleeding. As alcohol combined with medication can be dangerous, it is especially important that you do not consume alcohol as long as you are taking over-the-counter or prescription pain medication following your surgery.

**MINIMIZING SCARS:** You may prevent hyperpigmentation or scar darkening by avoiding sun exposure to the affected area(s) while it is pink and healing, which may take as long as several months to over a year. Areas that are significantly bruised can also hyperpigment. Use a sunblock or sunscreen with SPF 45; clothing or a hat for protection is helpful. Excessive scar formation, such as hypertrophic scarring or keloids, scar widening, or discoloration can all be minimized or improved utilizing a variety of techniques. Some examples include the use of scar massage, silicone gel or sheeting, steroid injection, tape support, laser therapy, and bleaching agents. We will instruct you on these techniques when appropriate.

Massage helps to reduce swelling and scar firmness. If you like, feel free to treat yourself to a gentle massage during your postoperative course. Therapeutic massage is very helpful to speed the healing process and may be done beginning 2 weeks following surgery, as often as every other day, and as hard as you can tolerate. The chin is the only area you should not massage.

Silicone products have been proven to diminish excessive scar formation. We recommend using Epiderm Silicone Gel Epitabs or Patches from Biodermis beginning 2 weeks post-operatively. This therapy may be purchased by visiting [www.neplasticsurgerygroup.com](http://www.neplasticsurgerygroup.com) and by selecting **Online Products** from the menu bar at the left. Select **Biodermis™** to be directed to the company website. Silicone sheets should be applied overlying the healing scar for at least 12 hours daily, and ideally closer to 24 hours daily, with gentle cleansing of the scar performed once daily. An individual sheet may be re-used multiple times, with the average lifespan being 7-10 days.

**SYMPTOMS:** CALL THE OFFICE IMMEDIATELY AT 860-451-5200 if you develop any of the following symptoms:

- Temperature ≥ 101°
- Increasing wound pain
- Increasing wound redness
- Persistent or increased bleeding
- Blisters in the areas liposuctioned
- Significant wound drainage
- Onset of numbness after the anesthetic has worn off
- Significant and sudden asymmetry

I have read and fully understand the above.

Patient Signature \_\_\_\_\_

Date \_\_\_\_\_

Witness Signature \_\_\_\_\_

Date \_\_\_\_\_