

STEPHEN EVANGELISTI, M.D.

Aesthetic and Reconstructive Surgery

POST-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION

Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation Magnesium Citrate will help alleviate discomfort.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **Do not take any of the following medications for 1 week after your surgery:**
Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take any narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.

Garments

- If it was necessary for you to have a garment, you will have been placed in it at the time of surgery. If you were placed in a garment, this is to remain on 24 hours a day until your first post-operative appointment. They may be taken off for showering. *Please note: not all patients require the use of garments*

Showering

- You may shower the day after your surgery. You can remove the garment for this purpose.

Pain/Discomfort/Swelling

- You will have moderate to severe discomfort in the surgical areas. Please use the pain medication prescribed by this office to alleviate this discomfort.
- The surgical areas will be bruised and swollen for a number of weeks. It will take 6-12 months for all the swelling to resolve. Avoid aggressive rubbing of the surgical areas for 3-4 weeks.

Drainage

- Expect large amounts of red, watery drainage from the surgical puncture wounds for a 24-36 hour period after surgery. The surgical center will provide you with a plastic absorbent pad to go onto your car seat and bedding. You can also purchase a shower curtain liner to place under your bedding or over the piece of furniture you will be recovering on for the first 24 hours.

Driving/Lifting

- You may drive as long as you **are not** taking narcotic pain medication.
- Bed rest is suggested for the first 24 hours after surgery. You may then resume light activity during the first week.
- Full activity, including exercise and aerobics, may be resumed 4 weeks after your surgery.

1901 Lac De Ville Blvd.
Suite 2
Rochester, New York 14618

Phone: 585-325-1120
Fax: 585-423-0471