

LINDA M. WATERS, MD., F.R.C.S.(C), FACS

Plastic and Reconstructive Surgery

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## Liposuction Post-Operative Instructions

1. **Activity:** Primarily bed rest the night of surgery. Walking and sitting up are encouraged from day 2-5. Gradually increase to regular exercise after 2 weeks post-op.
2. **Diet:** It is important to take plenty of fluids during the postoperative period to replace the amount that the operated tissues remove from the general circulation with swelling and edema. Gatorade is an excellent fluid replacement since it also replaces lost electrolytes. Constipation caused by pain medication and reduced activity post-operatively may be relieved by increased fluid and fruit, increased walking, milk of magnesia, and/or Dulcolax suppository.
3. **Care of Operated Site:** Wear the elastic garment for 5 days, 24 hours a day, and then for 18 hours a day for the next 5 weeks, or as instructed by Dr. Waters. These general guidelines will vary with each procedure. The garment may be removed for bathing after 72 hours. Massage the area 2 weeks post-op with moisturizing lotion such as Vaseline Intensive Care, Keri Lotion, or mineral oil. You may shower 3-5 days after surgery, or as advised by Dr. Waters.

4. **Miscellaneous:**

No alcohol for 24 hours or while taking pain medication.

No driving until 2 weeks after your surgery.

Call Dr. Waters if:

You are unable to drink liquids in the morning because of nausea.

You are unable to urinate eight hours after your surgery.

Your temperature is greater than 101.5.

You have sudden shortness of breath.

Marked dizziness occurs.

Increase of pain, redness, or streaking.

Your extremities begin to feel loose or become cold.

Significant swelling occurs.

You have heavy bleeding.

If you are unable to reach Dr. Waters, please go to the nearest emergency room.

5. **Expectations:** Bruising of the treated area is expected, variable in degree and sometimes quite extensive. Expect to be stiff, tired, and uncomfortable for 1-2 weeks after surgery. Complete contour change will not be present until approximately 3 months.
6. **Scarring:** As with most surgeries, approximately 12 months will be required to evaluate the final scars and result. Operative wounds tend to become firm in the first few weeks to months and then soften with maturation of underlying scar tissue. Over 2-6 months the numbness in the area will gradually improve. Irregularities may also improve during this interval. You are able to be evaluated at 6 months to appraise your result and to determine the possibility of any further surgery.
7. **Contact Information:**  
Office: (650) 328-9646

Dr. Waters' Pager: (650) 723-8222 ID# 13514 (Stanford Hospital)  
Dr. Waters' Cell Phone: (650) 924-0405