

Post Operative Instructions

Liposuction

The goal is to make your surgical experience and recovery as comfortable as possible. Please call us with any questions or concerns.

Please review the following recommendations for postoperative care and the other written and verbal information you have received from your doctor. You play an active and essential role in your recovery process. It is our pleasure to assist you and care for you at any time.

Medications:

You will receive medications for pain (Narcotic), and a stool softener.

- IF YOU LIVE ALONE, ARRANGE FOR SOMEONE TO STAY OVERNIGHT AFTER SURGERY
- DO NOT drive or operate machinery the first week after surgery
- DO NOT drink alcoholic beverages for 72 hours after surgery
- DO NOT make major decisions, sign contracts, etc. for 24 hours after surgery.

Swelling/Discoloration:

After this type of procedure, the abdomen is usually swollen and may show noticeable bruising. Most swelling usually resolves quickly over 2 weeks, while the discoloration will diminish more gradually over 4 weeks. It might take up to 6-9 months for all of the swelling to resolve. You may notice that one part of the abdomen will be slightly more or less swollen than the other – this is normal and is not a cause of concern.

What to Expect:

Your may also notice that you will not lose weight for the first 2-3 weeks after surgery. This is normal since your body retains fluid after the procedure, and it takes about 2-3 weeks for the fluid to be absorbed and eliminated from your body. You must wear the compression garment day and night, at all times (except for showers) for 8 weeks after surgery.

The feeling of tightness is normal. After surgery, you will be “sore” and unable to move very quickly. You may not be able to stand up completely or lie flat in bed immediately. You will notice some itching and/or numbness following surgery in the areas that underwent liposuction; this sensation is normal and gradually resolved in 2-3 months.

The following are some recommendations directed at relieving discomfort and speeding the recovery process:

Please visit Dr. Dan Calva's website at www.danielcalva.com for additional information.

- After business hours or weekends – (305) 203-3938
- Dr. Dan Calva's Cell Phone – (305) 814-9582

1. The first week you will need to rest frequently, but it is important to walk around the house as tolerated in frequent intervals.
2. Avoid stairs if possible.
3. You will not be able to stand up straight for the first week. It will be normal to walk at a 45-degree angle bent at the hips. Your back may become sore in this position. You may try to stand up straight after the first week as tolerated.
4. For the first week post-op sleep on the side that did not undergo liposuction (back or abdomen). Do not sleep on your sides, which can lead to your sides getting swollen.
5. Every 2-3 hours take deep breaths and force your self to cough to expand your lungs. Hold your incision (put pressure) with a pillow while coughing. Perform this activity at least 4-6 times per day.
6. Do not pick-up anything greater than 1-2 lbs the first 2 weeks. The doctor will advise you when you can start lifting anything heavier.
7. Do not exercise until week 2.
8. Do not drive the first week or while you are taking pain medication. After that it will depend on your ability to handle a car without causing any discomfort. You should wear your seatbelt at all times.
9. Do not engage in sexual activity for at least 2-3 weeks after your surgery.
10. No smoking or being around smoke at least the first 2 weeks after your surgery. This will interfere with the healing process.

Nausea rarely occurs following liposuction; however, if you should experience nausea, please call us immediately. Anti-nausea medication may need to be prescribed, and although this will provide relief for the nausea, it may cause you to feel drowsy and dizzy.

Pain:

As mentioned above, the pain medication prescribed will decrease the pain substantially but may make you drowsy and dizzy. You may experience a dull ach and tightness in the abdomen, but it is very unusual to have significant, sharp pain. You may apply cold compresses to relief pain. Under no circumstances should ASPIRIN, MOTRIN, ALEVE, ETC. and/or any medications containing aspirin or salicylates be taken. If you are not sufficiently relieved of pain, try alternating doses of extra strength Tylenol and the pain medication prescribed by your doctor. If you have increasing abdominal pain not relieved by the pain medication, please inform your doctor.

Temperature:

Generally, the body temperature does not rise much above 100.4 degrees following a surgical procedure. A rise in temperature is an appropriate part of the healing process. You can check your temperature if you feel that your temperature might be elevated only

Daniel Calva, M.D.

after 24 hours from surgery. If you have a persistent fever above 101.5 degrees that is not relieved by Tylenol, call our office.

Bleeding:

If you experience oozing or bleeding along the liposuction incisions, do not rub the areas but apply gentle pressure to the area using a gauze pad. It is normal to ooze for a few days after the procedure, please inform your doctor if its not stopping after 3 days or if the fluid is a significant amount.

Diet:

Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated the following day. If you have persistent nausea stick to a bland diet until it subsides. Avoid foods that can cause a lot of gas. This can cause abdominal distention and undue discomfort. Small frequent meals are best. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.

Some suggestions to ease abdominal discomfort or indigestion after surgery:

1. Drink a lot of water- 8 glasses a day!
2. Drink warm liquids (tea or coffee).
3. Prune juice for constipation.
4. If severely constipated use Colace (2 tabs in a.m. and p.m. taken with one glass of warm water), and fleet enemas (regular or oil retention) as a last resort.

Dressings:

You will have an abdominal binder or a full body compression garment over your abdominal dressings. You do not need to change them. You should wear the binder/compression garment at all times for 8 weeks after surgery.

1. Please remove the dressings 48 hours after surgery
2. There will be steri-strips in place, leave them alone as they will fall off on their own.
3. It is normal to have numbness over the surgical sites for several weeks or months.
4. Do not use a heating pad or cold compression around the surgical sites. It could cause necrosis of the skin.
5. You may not shower the first 48 hours - sponge bath only, until dressings are removed in 48 hours. Then you may shower and let the soapy water run down the incisions. DO NOT SOAK IN A BATHTUB OR GO SWIMMING for 2 weeks.
6. It is normal to see dried bloody drainage on the abdominal binder or dressings.

Resuming Activities:

1. You should start going back to normal activities after 2 weeks. Start slowly and remember not to push yourself.
2. Continue to RESTRICT LIFTING of heavy objects. You may lift up to about 15 pounds the first two weeks.

Daniel Calva, M.D.

3. Continue wearing your abdominal binder or compression garment for 8 weeks. Can be removed to shower only, but you must wear to work, and sleep with it every day.
4. You may begin driving if no longer taking narcotics, but start slowly. Eventually you will be back to your usual routine.
5. We discourage cardio or any heavy exercises for 4 weeks and weight training for 8 months. All exercises should be done with a controlled tight core. It is easy to gain weight during this time so eat healthy and check your weight regularly.
6. We recommend lymphatic massage therapy beginning at week 6 from surgery. This helps decrease some of the hard areas felt where liposuction was performed.
7. PERSONAL GROOMING. In order to improve and speed wound healing, we recommend the following:
 - You may SHOWER starting the second day after surgery, allowing indirect flow of warm water to wash over the wounds. (Do not let the water directly strike the wound and do not immerse or soak the wound.)
8. HOUSEHOLD ACTIVITIES. On your first postoperative day, you are encouraged to be up and around the house with your usual activities except those specifically outlined previously (no heavy lifting, etc). No strenuous activity.
9. REDUCE EXPOSURE TO SUNLIGHT. Following surgery the incisions may be more sensitive to sunlight for up to one year. The incision will darken and be more noticeable if exposed to sun. Wearing sun block (minimum of SPF 50) is recommended and protecting incisions with clothing as much as possible.
10. RETURNING TO WORK AND RESUMING SOCIAL ACTIVITIES. When you return to work depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop; the average person is ready to return to work or go out socially after drains are out, in 7-14 days following surgery.

Scars:

During the first several days following surgery, the scars will be imperceptible. They then go through a period of slight swelling and reddening, which can last months. As this subsides, the scars become virtually invisible again, but this might take at least one year. This is the normal maturity process of scars. Any unevenness of the edges of the incisions or lumpiness of the scars is usually temporary and will subside with the passage of time. Again protect the incision from sunlight for 1 year after surgery. Sunlight will darken the incision and be more noticeable. Wearing sun block (minimum of SPF 50) is recommended and protecting incisions with clothing as much as possible.

Your postoperative office visit:

Sutures are internal and generally take weeks to months for your body to absorb them AFTER YOUR SURGERY. Generally you will be asked to return to the office for follow-up at 3 weeks, 3 months, 6 months, and 1 year post-op. Please arrange your

Daniel Calva, M.D.

schedule to accommodate these appointments, which we urge you to make immediately following surgery.

Summary:

- Do not be discouraged by swelling and discoloration. These conditions are a normal part of your liposuction procedure and will subside with time.
- Call our office if you experience:
 - Sudden swelling or increased discoloration (redness) on your skin
 - Abdominal pain associated with nausea
 - Abdominal bloating, tachycardia, and feeling of weakness
 - Any progressive increasing abdominal pain not relieved by medications
 - Persistent temperature above 101.5 degrees that is not relieved by Tylenol.
 - Dizziness or lightheadedness

Your recovery and ultimate result is very important to us. Please read this handout carefully and keep it readily accessible as a reference after your surgery.

If you have ANY questions or problems not addressed in this handout, please do not hesitate to contact us at our office at (305) 203-3938 during the day, after normal business hours or on weekends. Dr. Daniel Calva's cell phone is (305) 814-9582.

- After business hours or weekends – (305) 203-3938
- Dr. Dan Calva's Cell Phone – (305) 814-9582