



PROFESSOREN MÜHLBAUER . Effnerstrasse 38 . D-81925 München

## Postoperative instructions: Liposuction:

Once your surgery is completed, please follow these instructions in order to heal properly and have a pleasant recovery.

Normal symptoms and signs to watch for following liposuction include the following:

### **TYPICAL POST-OPERATIVE SYMPTOMS**

*Tightness and stiffness* in the area of liposuction, bruising, swelling, burning or intermittent shooting pain. These are normal experiences as the skin, muscles and tissue stretch as sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. Consistent sharp pain should be reported to our office as soon as possible.

*Skin firmness, hypersensitivity or lack of sensitivity:* This is normal and will gradually resolve over time.

*Shiny skin or any itchy feeling:* Swelling in the treated areas can cause skin to appear shiny. As the healing process advances, you may also find a mild to severe itchiness. An antihistamine can help to alleviate severe, constant itchiness. If the skin becomes red and hot to the touch, contact our office immediately.

*Asymmetry,* both sides of your body heal differently: One side of your body may look or feel quite different from the other in the days following surgery, this is normal.

### **CALL THE CLINIC IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING (089 20 4000 145)**

- A high fever, severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Severe lower extremity swelling and pain
- Chest pain and/or shortness of breath.



#### **POSTOPERATIVE INSTRUCTIONS:**

**Rest, but not bed rest.** While rest is important in the early stages of healing, it is also important that you stay active after surgery. As you recover, during waking hours, spend about 10 minutes every 2 hours engaged in light walking. It is fine to go outside and walk a bit if the weather is nice. Walking is important to maintain good blood flow in your legs and to keep your lungs inflated and working well.

**Rest in any position that is comfortable for you.** Sleeping or resting in a flat position is okay. If you are a side sleeper, a soft pillow under your mid-back and shoulders may offer more comfort and support than a single pillow under your head.

**Positioning after buttock fat grafting.** You will need to sleep or rest on your side or stomach for the first 3-5 days. During this period, no direct sitting on your buttocks. No prolonged sitting for 4-5 weeks following buttock fat grafting.

**Drainage after liposuction.** You may have a great volume of drainage for the first 24-48 hours after liposuction. Don't be alarmed by this, as such drainage is expected after liposuction. Use large, absorbent gauze pads, placed over the incision to absorb fluid (large maxi-pads work well).

**In case of fat grafting.** No ice packs to where the fat was transferred. Ice will decrease blood supply to the fat which will decrease the chances for the fat to survive in its new location.

**Garments.** The garment may be removed 36-48 hours after surgery so you can shower. It is okay to take a break from wearing the garment so it can be laundered. Plan on wearing the garment for approximately 4-6 weeks.

**Good nutrition.** Fluids are important following surgery. Consume non-carbonated, non-alcoholic, caffeine-free beverages including fruit juices, sports drinks, water, milk and yogurt drinks. Nausea is common after surgery, so start with soft, bland, nutritious food for the first 24 hours.

**Smoking.** Smoking reduces blood flow in your skin and adversely affects wound healing. We advise you not to smoke at all during at least the first two weeks after surgery. Second-hand smoke is also harmful and should be avoided.

**Travel limitations.** In most cases, you should plan to remain within a reasonable traveling distance of our office for at least a few days after surgery, in case you develop a problem requiring emergent or urgent attention. This is not the time to travel far away to visit relatives or to take a vacation.

**Relax.** Do not engage in stressful activities. Just take care of yourself and let others tend to you.

**Expect weight gain.** You will temporarily gain weight after surgery. This is caused by water retention, which is a normal hormonal response to the stress of surgery. Your face and hands may even swell due to this fluid retention. Don't be concerned with this. Indeed, we advise that you do not even trouble yourself by checking your weight after surgery. The fluid will be mobilized and excreted by your kidneys in 1-2 weeks after surgery.

**Inflammation, Swelling.** Inflammation, swelling, and soreness are expected consequences of liposuction. You may experience swelling in areas that you didn't have suction in (the growing and genitals may become



PROFESSOREN  
**MÜHLBAUER**  
PRAXIS FÜR PLASTISCHE & ÄSTHETISCHE CHIRURGIE

very swollen after liposuction) Swelling typically worsens the second or third day. As your activity increases, you may experience increased swelling.

**Resume driving when you are physically ready** and off narcotics and muscle relaxants. You must not drive while taking muscle relaxants or narcotics. And, you must have adequate arm range of motion, strength, alertness and stamina to resume driving. The determination of when you are ready to drive is up to you, keeping the above issues in mind. Most patients can resume driving 5-7 days after surgery.

**Patience.** Please understand that it takes a minimum of six weeks to see the results of surgery coming into final form and, in many cases, your final results will not be fully realized for up to six months after surgery. It simply takes time for the swelling to resolve. This means that time is your ally and that tissues and scars will likely improve with time. Understanding this now will help temper your expectations, hone your patience and make for a more pleasurable recovery.