

MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443

After hours: If answering service does not pick up call 763-520-4404

AFTER SURGERY INSTRUCTIONS

SUCTION LIPECTOMY

- Bed rest with legs elevated on two or three pillows. You may get up to the bathroom with assistance as needed.
- Apply ice to the areas involved for 24-48 hours.
- Take medications as prescribed. Take the antibiotics until they are gone.
- Water, Gatorade or other drinks with electrolytes in them is recommended. Light meals (soup, crackers, toast, etc.) at first.
- DO NOT drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medications. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- You may sponge bathe only, until further notice.
- Do not remove the garment for 5-7 days. At that time you may take it off to shower, and put it back on. If you wash the garment, use cool water and air dry only.
- Do not do anything that requires your coordination for 48 hours. The medication and/or anesthetic agents may interfere with good judgment.
- Move legs in bed. Do dangle legs over edge of bed for a few minutes before getting out of bed to walk, as this will help alleviate a light-headed feeling.
- Do not hesitate to call the doctor's office if you have any questions about your recovery.
PHONE: 763-545-0443