



At-Home Instructions

Liposuction

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call our office at 216-292-6800 if you have any questions or concerns.

General Instructions

- Rest for the first 24 hours after surgery. After this, normal activity is permitted.
- You may shower after 24 hours, after removing the garment. Do not worry about lumpiness or irregularity as this is normal soon after surgery.
- No tub baths until the doctor advises.
- Continue to wear your garment for a minimum of 2-6 weeks. The doctor will advise you after your first post-operative visit.
- Avoid heavy lifting (no more than 5 pounds) and vigorous exercise for 2-4 weeks after surgery.

Diet

- Drink plenty of fluids to avoid dehydration, even though you may feel bloated and swollen.
- Resume normal diet as tolerated.

Special Instructions

Follow these instructions for **3-4 BEFORE your surgery** and for another **2 weeks AFTER surgery**.

- There is absolutely NO driving while on pain medication or Valium® (see medicine list given to you with your pre-operative paperwork).

Do NOT take the following products:

- Aspirin/low-dose aspirin
- Ibuprofen (Advil®, Motrin®)
- Naprosyn or Naproxen (Aleve®)
- Vitamin E (even small amounts in mutli-vitamins)
- Herbals, homeopathic medicines, or green tea
- Protein Supplements (shakes, energy drinks)
- Growth hormone
- Diet pills (Meridia®, Metabolife®, etc).

Tylenol containing product (acetaminophen) are safe to take. If you are unsure about what products to take or avoid, call the office at 216-292-6800.

Pain Control/Medications

- You will receive a prescription for pain medication that can be taken as directed, if needed for pain control.
- The pain medication may cause constipation and does impair you ability to drive or make important decisions (have over the counter Colace or laxative on hand).

Wound Care

- It is normal to have pinkish-colored drainage leaking from the incisions for the first 24 hours. Be careful not to stain bed linens, couches, clothes, etc. You may want to sleep with towels under yourself. Some patients will not leak fluids, do not worry if you do not.
- The dressings can be removed 24 hours after surgery.
- Change the band aides over your stitches and apply a small amount of antibiotic ointment each day.
- You will be provided with 2 garments at the time of surgery. These should be worn day and night, except while showering for the first 3 weeks.
- Put on a clean garment after showering. Hand wash the soiled garment in cold water, then allow to drip dry. Woolite® is recommended.
- You will notice bruising and swelling in the operated area. Bruising will gradually disappear.
- Swelling may increase over the first week, then gradually decrease over the next several weeks.
- Noticeable results are apparent by 3-6 weeks, but areas will continue to improve over the next several months.

- You may notice a change in sensation over the operated areas. This is expected. Normal sensation will return in 3-6 months.
- The small incisions may be red for approximately 6 months. The color then begins to fade.

Follow-up with your post-operative visit scheduled 1 week after your procedure. At this time, we will remove some of your stitches and give you further post-op instructions.

Call the office at the first sign of:

- Bleeding at the incision.
- Redness, drainage or odor from the incisions.
- Fever or chills.
- Shortness of breath.
- Any reaction from prescribed medication (Example: nausea with vomiting, hives or swelling).

Do not hesitate to call if you have questions or concerns!

The office of Mark A. Foglietti, D.O., FACOS and Alanna F. Fostyk, D.O.
216-292-6800

Please call with any questions.