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POSTOPERATIVE INSTRUCTIONS LIPOSUCTION

WHAT TO EXPECT

Although you will notice a difference after surgery, the final result will not be evident for three to six months after surgery. This is the time it takes for all the swelling and skin to contract. You will have some degree of soreness in the area that was addressed along with some swelling and bruising. Areas such as the back of the leg, inside the thigh, and upper and lower abdomen tend to swell more. Sometimes there is some numbness in the area which goes away after a few weeks.

CARE OF INCISION

Steri-strips and gauze pads will be placed on the incision. It is normal for the steri-strips to have some blood on them. If the gauze pads are soaked, you may change them for new gauze.

IF YOU NOTICE A RASH OR ITCHING AROUND YOUR STERI-STRIPS, PLEASE CALL MY OFFICE. YOU MAY BE ALLERGIC TO THE STERI-STRIPS.

AFTER 24 HOURS: Remove the gauze pads 24 hours after surgery. You may wash the incision with soap and water gently.

ONE WEEK: Sutures are removed. You may submerge in swimming pool, bath or lake.

Some people develop some redness or darkness to their incisions which disappear over 4-6 weeks.

PAIN MEDICATION

NORCO 5/325 one to two tablets every four to six hours as needed for pain. Do not exceed 4 grams of acetaminophen in a twenty-four hour period.

DO NOT TAKE PAIN MEDICATION ON AN EMPTY STOMACH BECAUSE IT WILL CAUSE NAUSEA AND VOMITING. TRY CRACKERS, BREAD OR YOGURT IF POSSIBLE.

If you are allergic to codeine, DARVOCET or DARVON can be prescribed.

Constipation can be a problem. Start stool softeners as needed. COLACE will be prescribed.

If the pain medication is not adequate, call the office and we can increase the dosage.

ACTIVITY

You are encouraged to move as much as you need after surgery.

BODY GARMENT is worn for four weeks to help with swelling. The garment may be removed for cleaning and for showering.

ONE WEEK: You can start exercising and there are no restrictions on activity.