

The Paragon Plastic Surgery & Med Spa
Mark A. Bishara, M.D., P.A.

LIPOSUCTION SURGERY

PROCEDURE AND POST CARE INSTRUCTIONS

I. ITEMS NEEDED:

- Prescription medicines
- Hibiclens antimicrobial soap
- Polysporin ointment
- Plastic sheeting (large trash can bags)
- Towels
- Absorbant pads (diapers work well)
- Saran wrap
- Sunscreen with a UVA/UVB SPF of 15 (we have excellent sunscreen available)
- Vitamin C 2000mg twice daily for 14 days.
- Zinc 50mg once daily for 14 days.
- Constipation Prevention (while taking narcotic pain medication): Colace 100 mg twice daily and Milk of Magnesia until normal bowel movements.
- Arnica Montana. Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

OFFICE PHONE NUMBER: 817-473-2120 (8am — 6pm M-F)

EMERGENCIES OR AFTER HOURS: 817-473-2120 (24-hour answering service)

BEFORE PROCEDURE:

Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

THE PROCEDURE:

A. *Goals for surgery:* Liposuction removes fat cells beneath the skin in order to shape areas of the body. The surgery can be performed in nearly any place on the body and has proven particularly effective in the abdomen, waist, hips and thighs. It can also be used on the arms, buttocks and knees. The procedure is suitable for both men and women who are in good health.

B. *Anesthesia:* Liposuction is usually carried out under general anesthesia. Fluids containing medicines that limit blood loss and reduce discomfort are injected into the areas that are to be treated.

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C. *Cellulite*: Although the results of liposuction are often remarkable, it is unrealistic to expect perfection. Patients should expect that irregularities and dimpling of the skin present before liposuction are likely to remain following the procedure. While improving the overall shape of the body, liposuction usually does not improve cellulite.

D. *Obesity*: Liposuction is not an appropriate treatment for obesity and is no substitute for good nutrition and regular exercise.

E. *Weight Gain*: Fat cells that are removed during liposuction are permanently removed and can never return. This is not to say however that one cannot gain weight following body contouring. The weight gain following liposuction will occur in areas not treated by liposuction.

CARE FOLLOWING THE PROCEDURE:

A. *Bleeding*: If sudden, profuse bleeding occurs, please contact our office immediately. Remain calm, as excitement and panic raises your blood pressure and worsens bleeding.

B. *Bruising*: Bruising may occur in the surgical area following the procedure. If bruising develops, it should be gone in 3 to 6 weeks.

C. *Swelling*: As a general rule, 80% of your swelling is gone in 2 to 6 weeks and the remainder should be gone in 3 to 12 months. Avoidance of salt in your diet will also help to prevent excess swelling.

D. *Fever*: You may run a slight fever the first few days following surgery, as this is a normal process of the inflammatory response. A condition called atelectasis may also occur, whereby the small air sacs in your lungs are not fully inflated and may cause a slight fever. Please take deep breaths, holding them as long as possible and then letting them out through pursed lips. Do this 10-20 times a day for the first week. These breaths allow additional airflow into collapsed air sacs to reopen. Please notify us of any fever above 100 degrees.

E. *Signs of Infection*: Although rare, please contact our office if you notice signs of infection such as foul-smelling drainage, excessive redness, excessive swelling or pain in the treated areas.

F. *Diet*: You may resume your usual diet after surgery; however, reduce the quantity for 24 to 72 hours. Avoid drinking caffeinated beverages the day of surgery and alcohol for 48 hours after surgery. Gatorade is a great beverage for the first 48 hours. Be sure to drink plenty of fluids the first 2-4 days following.

G. *Wound Care*: Keep drain ports clean by showering once or twice each day. Absolutely NO hot tubs, swimming pools and baths for 4-6 weeks. First, shower with Hibiclens soap and water and gently pat the drain ports dry with a clean towel. Next apply Polysporin ointment to the drain ports and cover them with absorbent pads. Keep the drain ports moist by applying the Polysporin ointment until the ports are closed. When drainage has stopped, place Saran wrap over the drain ports in order to keep the ointment on the ports and off your garment or clothing. If you develop a sensitivity to the ointment, please let us know.

H. *Drainage*: A large volume of blood-tinged fluid will drain from the small drain ports during the

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first 24 to 72 hours following surgery. This is completely normal. In general, the more drainage from the ports, the less bruising and swelling you'll experience. During the first 48 -72 hours, sit on plastic sheeting covered by towels. After the first few days, continue to use absorbent pads if the drain ports are still oozing.

Elastic Garment: You will wear one elastic garment home after your procedure. This garment should be removed the first morning after surgery in order to shower and to wash and dry the garments. Remove the garments slowly. It is best to have someone close by during your first shower in case you become dizzy. After showering, replace the elastic garment(s) on snugly. Wear them each day and night until you return for your follow-up appointment. You must wear the garment until we tell you to discontinue. If you are wearing a waistband, move the band occasionally to keep the skin from folding. Avoid wearing pantyhose and girdles for at least 1-3 months. But if you must wear pantyhose or a girdle, alternate the level at which it places pressure on your skin.

J. Abdominal Area Liposuction: If you have had liposuction in the abdominal area, avoid sitting for prolonged periods for at least 6-12 weeks. Prolonged sitting may result in a crease along the "belt line" where the skin has folded. Also, avoid wearing any clothing that may cause the skin to fold or dent at the same place day in and day out. Alternate the position of waist bands, etc. Be careful with skirts and pant waistbands. Loose clothing is preferable.

K. Fatigue/Soreness: Most people return to a desk job within 3 to 7 days after surgery, although you must expect some soreness. You may also fatigue easily for a few days.

L. Driving: DO NOT drive within 24 hours after taking any pain medication.

M. Smoking: DO NOT smoke and avoid secondhand smoke.

N. Sun: Avoid the sun, which may darken maturing scars. Protect incisions by using sunscreen with an SPF 30 or by covering them with clothing or tape. Also, avoid tanning beds unless you protect your incisions.

O. Physical Activities and Exercise: You may take a short walk the day after surgery and are accompanied by someone. Please DO NOT sit or lie for long periods of time without getting up and moving around as this may predispose you to blood clots. You may resume mild exercise and activity 4 to 7 days after surgery. Begin with 25% of your normal workout and gradually increase the activity each day. If you experience discomfort or fatigue, wait an additional 2 to 4 days before resuming exercise.

Since healing occurs at different intervals, expect your best result to be achieved at 6 to 18 months following your surgery. The best outcome will be achieved by following instructions and taking good care of yourself: