

## BAUCOM & MINA DERM SURGERY, LLC

MARK F. BAUCOM, M.D.      MARY ALICE MINA, M.D.

THE MEDICAL QUARTERS, SUITE 206

5555 PEACHTREE-DUNWOODY RD.

ATLANTA, GA 30342

P (404) 844-0496    F (404) 844-0499

### LIPOSUCTION POST-OP CARE

**Go home and take it easy.** You may appear larger than prior to the procedure because of the large volume of anesthetic that has been infused into the area.

**1. The compression garments should be worn continuously for at least one week.** They may be removed to clean them and for bathing. During the second week, continue compression during the day, but you may remove it at night. The firm elastic or corset-like garments will act like a mold for the desired contour, and also help to decrease swelling and reduce the chance of bleeding or bruising.

\* For the chin area, wear the garment for 3 days continuously, and then at night for another 2-3 days.

**2. Drainage:** You will experience some drainage from the incision sites the first few days after the procedure. The fluid will appear bloody, but it is actually mostly anesthetic fluid. Absorbent pads, such as Maxi-pads can be used to prevent leakage onto clothing. These pads will need to be changed several times over the first 2-3 days. Drainage from the incisions will actually reduce swelling from the anesthetic fluid more rapidly. Although most of the swelling due to the anesthetic will resolve in about a week, final resolution of all swelling will take 3-6 months.

**3. Incisions:** After the drainage from the incision sites stops, you will need to clean them daily with soap and water, and cover them with a thin layer of ointment (vaseline or Aquaphor) and a Band-Aid. This wound care needs to be done until the incision sites are closed.

**4. Discomfort:** Recovery from liposuction can be remarkably rapid. Some discomfort in the days following the procedure is normal, but can be controlled with Tylenol or your prescription pain medication. **Aspirin, Motrin/Ibuprofen, Aleve, any blood thinning products, and alcohol are not to be used for one week after the procedure.** Use of these products in the immediate post-operative period greatly increases your chance for post-operative bruising and/or bleeding.

There may be some patchy numbness in the treatment area. This is usually temporary, but may take several months to resolve.

**5. Working out:** You will be able to resume working out in one week. You may feel achy in the treated areas, but this will improve more quickly if you resume your exercise schedule. Ibuprofen (Advil) can be used at one week following the surgery- you can take it an hour or so before working out in order to reduce discomfort.

Although the fat removed is permanently gone, it is still possible to gain weight overall. Remember, liposuction is primarily a contouring procedure, and your best results will be obtained at your desirable body weight. You have invested in the discomfort and cost of the procedure; be sure you get the maximum benefit by maintaining a healthy weight.

**6. Swelling and skin: You will not have your "final" results until 3 to 6 months following your surgery.** In some cases, it will take even more time for your skin to finish shrinking to your new size. Most patients, however, will notice at least some difference immediately.

**\*\*\*IN CASE OF EMERGENCY OR UNCONTROLLED BLEEDING\*\*\***

Call (404) 844-0496 for instructions on paging Dr. Baucom or Dr. Mina