

Liposuction – Post-Operative Instructions

Rest + Relaxation

- Sleep in whatever position is comfortable for you
- You may wish to cover your mattress with a plastic sheet as you may have fluid that leaks out of the surgical puncture sites for a few days
- Wait 1 week before participating in physical activities that will increase your heart rate and blood pressure
- Bleeding (minor) from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10-15 minutes with a clean towel. If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below.

Washing

- Remove larger dressings 24 hours after surgery.
- You will notice bruising and swelling to the areas which have been operated on
- Leave your steri-strips (white tape) in place for 5-7 days until the fall off. If they come off sooner that is okay.
- You can shower 24 hours after surgery unless you have drains in place.
- Do not soak your surgical sites - no pools, hot tubs, lake or well water for 3-4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated (avoid fish oils and herbal supplements)
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin (original ointment) to your incision line after the steri-strips are removed. Do this for 1-2 weeks.

Garment Wear

- Wear your compression garments 20/24 hrs for 4-6 weeks
- **Loosen/adjust them periodically to avoid pressure points**
- When removing your compression garments for the first few times, do so while lying down to avoid feeling faint
- Swelling will subside naturally over weeks to months and your garments will help minimize this time

Three Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil, or equivalent scar cream (something non-irritating). Do not use 100% vitamin E (capsule or oil).

- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Massage

- Start to massage any areas where liposuction was performed as soon as possible to soften the tissue
- You may wish to seek out a massage therapist who specializes in lymphatic drainage techniques

Drain Care

- If drains have been placed, please follow the verbal instructions given to have them removed 24-48 hrs following surgery
- When drains are removed a small amount of yellow/pink/ blood tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto the drain site daily and cover with gauze or a Band-Aid.
- Drain sites will close in 3 to 7 days.
- Okay to shower chest 24 hours after drains removed.

Follow Up Care

- Dr. McInnes will let you know which location to visit him for your follow up appointments. Please call the office to confirm the time (604-515-8847). Dr. McInnes may call you the evening of surgery to see how you're doing, please try to answer your phone (even if it's from "unknown caller").

After Surgery Care

- For general inquiries/questions email office@doctorm.ca or call the office.

Weekday Care (8 am to 5 pm)

- If there is a concern about your surgery or your healing please call the office.

Weekend and After Hour Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes. If he happens to be unavailable ask for the plastic surgeon on call.

Contact

- Office phone: 604-515-8847
- Office address: 307 – 233 Nelson's Crescent, New Westminster, BC.

Important Note:

If you experience shortness of breath, difficulty breathing, chest pain, or red spots all over your body please go to your nearest hospital emergency or call 911.