

POST OPERATIVE CARE VASER LIPOSUCTION

Post op care:

- A family member or friend should stay and assist you 24-48 hours after surgery
- **If you experience excessive pain or bleeding, fullness or redness in treatment areas, or fever call us immediately**
- **Do not apply heat or ice to the surgical areas**
- Compression garments are placed to provide comfort and support while helping your skin conform to your new contour. The day following your surgery, you may remove the garment for bathing, laundering etc. Continue wearing the garment 24 hours (with the exception of bathing) as directed.
- **Neck suction patients must wear chin garments 4 full days with no removal, followed by 4-7 days as often as possible DO NO MASSAGE CHIN/NECK**
- You may shower 24 hours after surgery, No bathing for 1 week. Whirlpools/hot tubs only after complete healing of any incisions.
- Please keep your dressings clean and dry, changing them daily. Some oozing of blood tinged drainage is expected. Use of protected bed covering is helpful.
- Itching, pulling, pinching, hardness, tightness and numb sensations are normal and part of the healing process, this may persist 1-7 days, but can last for a few months
- Rest for the first day, and have someone with you as you remove garment for bathing, take it easy the first week, resuming normal activity as tolerated
- Experiencing discomfort or mild swelling may indicate you are over-doing it
- Avoid strenuous activities, lifting over 10 lbs., or aerobic exercise for 2-3 weeks
- Avoid tanning until bruising has resolved, and use sunblock on incisions
- Massage is helpful, this may be done 2 weeks after surgery. **Do not massage chin/neck areas.**
- May shower 24 hours after surgery
- Ok to take Tylenol immediately and Ibuprofen immediately after surgery (do not take with other acetaminophen medications such as Percocet)
- Scopolamine patches can cause temporary pupil dilation and blurry vision. This is usually not serious. Remove the patch immediately and contact our office.

What to expect:

- Swelling and bruising can occur up to 48 to 72 hours post-op. Swelling and bruising may occur in areas adjacent to area of excision
- Moderate discomfort – take pain medication with food as directed
- Constipation may occur if taking a narcotic for discomfort – increase fluid intake and use mild laxative or stool softener if needed
- **REMEMBER THE GOAL OF FAT REMOVAL IS NOT WEIGHT LOSS, BUT IMPROVED CONTOUR.** Due to the fact your body retains fluids in response to

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- surgery; you may notice a TEMPORARY WEIGHT GAIN. This will resolve during the first 2 weeks of your recovery
- Slight temperature elevation and flushing of the face, neck and upper chest can last 48 hours.
 - Lower abdominal suction patients may experience swelling in the pubic area. Men are advised to bring an athletic supporter the day of surgery
 - If areas of the thighs are treated, you may have swelling in calves/ankles

Follow-up:

- Follow up appointment 7-10 days post operatively
- Keep operative area elevated
- Do not consume alcohol as long as you are on pain medications or OTC pain medications
- No heavy lifting, housework, or exercise until advised by Dr. Lohner to resume
- Refrain from smoking for at least 10 days. Smoking slows healing and affects blood flow to wound.

If Topifoam was used, you may remove to shower after 24hrs and then reapply. Please continue to wear for 5 days post operatively.

DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS

Pain medication: _____

Antibiotic: _____

Follow-up: _____ **please call office and arrange for post operative appointment 610-519-0600**