



# Neil J. Wells INC. MD, FRCSC

*Plastic & Reconstructive Surgery  
Hand & Microvascular Surgery  
Cosmetic Surgery*

## **LIPOSUCTION POST-OPERATIVE INSTRUCTIONS**

1. **Activity:** Rest and avoid vigorous physical activity for three weeks. It is beneficial to stay mobile and take leisurely walks once you are comfortable.
2. **Post-op Care:** Apply ice to aching areas for the first 48 hours which may reduce your swelling and discomfort. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn. You should drink lots of fluid for the first several days following surgery.
3. **Garments:** You may be placed in a liposuction compression garment following your surgery which is to be worn continuously for three weeks.  
Once you are comfortable, you can remove the garment in order to shower. You will use an antibacterial soap for washing (ie. Dial, Hibitane). You may wash the compression garment as necessary.
4. **Wound Care:** You will have dissolving stitches. An outer gauze dressing will be applied and beneath this there will be Steristrips (tapes). You may remove the outer dressing at 48 hours and then begin showering. Allow the Steristrips to gradually peel off over a period of one to two weeks.
5. **Call your surgeon** (see below) if you have: bleeding, increasing pain, pus in the surgery area, fever or difficulty urinating.
6. **Restrictions:** You did \_\_\_ did not \_\_\_\_\_ receive medicine for sedation. If you did receive sedation, you **MUST NOT** operate motor vehicles, boats, power tools or machinery for the first 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

### **PRESCRIPTIONS:**

- Tylenol #3, Emtec \_\_\_\_\_ Take one to two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine.
- Antibiotics \_\_\_\_\_.
- Other medicines \_\_\_\_\_.

**FOLLOW-UP APPT:** Please call 604-688-8568 to make your follow up appointment or ask questions you may have.

**DR. NEIL WELLS: office 604-688-8568**