



# TAROLA PLASTIC SURGERY

NICHOLAS A. TAROLA, MD

---

## Liposuction Post-Operative Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
  - Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
  - Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
  - Do not drink alcohol when taking pain medications.
  - Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
  - If you are taking vitamins with iron, resume these as tolerated.
  - Do not smoke, as smoking delays healing and increases the risk of complications.
  - You need to purchase your compression garment and bring it with you to the hospital the day of surgery.
  - Wear pressure garment 24 hours per day.
- 
- You may shower 48 hours after surgery
  - Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
  - Do not drive until you are no longer taking any pain medications (narcotics).
  - Activities involving the affected sites should be minimized for approximately 2 weeks.
  - Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.
- 
- Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 6 months or more.
  - Expect temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, pain and discomfort.
  - May have fluid drainage from incision sites. A drainage tube may be inserted beneath the skin to prevent fluid build-up.
  - May feel stiff and sore for a few days.
  - Bruising may be apparent beyond the areas of liposuction, partially due to gravity.
  - A healthy diet and regular exercise helps to maintain your new figure.

## When To Call

- If you have increased swelling or bruising.
  - If swelling and redness persist after a few days.
  - If you have increased redness along the incision.
  - If you have severe or increased pain not relieved by medication.
  - If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
  - If you have an oral temperature over 101.5 degrees.
  - If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
  - If you have bleeding from the incisions that is difficult to control with light pressure.
  - If you have loss of feeling or motion.
-