

Elliott B. Black, III, M.D.  
Eileen Summer Black, M.D.  
4228 Houma Blvd., Ste 100  
Metairie, LA 70006  
(504) 883-8900  
(800) 259-9060

Patient instructions **After Surgery:**      **Liposuction Surgery**

1. Bed rest for 24 hours.
2. Report any drug reaction (swelling, rash, itch, fever, nausea, vomiting).
3. Report any excessive swelling or pain immediately.
4. Call the office if you have:
  - a. Severe pain not responding to medication.
  - b. More swelling, severe bruising or more pain on one side than the other.
  - c. Temperature.
  - d. Shortness of breath.
  - e. Chest pain.
  - f. Bad Headaches.
  - g. Repeated vomiting.
  - h. Muscle pain in calves or excessive ankle swelling.
5. Ambulate with assistance on the evening of surgery. If you are in bed awake, move your legs and feet to prevent blood clots.
6. Do not disturb your dressing unless so advised.
7. Call the office the morning after surgery to report your condition and make your post-operative appointment.
8. Take no aspirin or ibuprofen containing compounds for 14 days following surgery. Tylenol is okay.
9. No driving while taking medication.
10. Do not expose bruised area to sun as this may result to discoloration or permanent pigmentation problems.
11. You may shower post-operatively with assistance after 4 days. Gently remove tape with soap and water during your 1<sup>st</sup> shower.
12. After tape is removed, wear a gentle compression garment. You should buy prior to surgery.
13. Sutures will be removed in approximately 7 to 10 days following surgery.
14. It is not unusual to gain 5 to 10 pounds the first few days after surgery. The body will eliminate this fluid retention spontaneously.
15. Bruising and swelling in, above, and below the operative area is normal.
16. Keep your feet elevated when seated. Walking is encouraged post-operatively. Rhythmic exercises such as swimming or bicycling can begin in 3 weeks. Vigorous exercises such as jogging and aerobics should not be resumed until 4-6 weeks after surgery.
17. No alcohol intake while taking medication.
18. DO NOT SMOKE. Smoking causes poor circulation. Starving tissue leads to infection, scarring and wound healing problems.
19. You may begin massaging the areas that were suctioned with Aquaphor healing ointment 1 week after surgery. Ask your doctor to show you how to do this.

I have received and understand the discharge instructions provided to me.

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Patient's Signature

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Date