



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Liposuction

Post-Operative Instructions

After Surgery

1. After surgery, it is important for you to have someone available to drive you home and stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
2. It is important to be walking early and frequently to prevent blood clots; move your legs and ankles when in bed.
3. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk of blood clots.
4. Please take deep breaths frequently keep your lungs clear (15-20 per time).
5. A light diet is best for the day of surgery. Begin by taking liquid slowly and progress to soups or JELL-O. You may start a regular diet the next day.
6. Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. The pain medication and muscle relaxant Dr. Tran has prescribed should relieve your discomfort. You may take the pain medication every 3-4 hours as needed for the first 2-3 days after the surgery for pain and/or discomfort. It is best to take pain medication with crackers, JELL-O, etc. Do not drink alcohol while taking pain medication.
7. It is important to refrain from any strenuous activities for 3 weeks after surgery. Gradually work to pre-surgical activities beginning slowly at the 2nd week.
8. The compression garment must be worn **AT ALL TIMES** for **SIX WEEKS**. You may shower in your garment after 24 hours if desire. Dry your garment with bath towel the same way that you would dry your body. You may remove the garment beginning on the 3rd day before showering. Be sure that someone helps you remove the garment the first time you take it off. Some people feel dizziness/light headed when the girdle comes off. This is normal. Sit or lay down for about 20 minutes **BEFORE** you shower.
9. You can put the garment in the washer and dryer while you are showering and then put it back on in 1-2 hours. You then wear the garment at night for two weeks. Many patients continue to wear the garment for comfort. If you wish, you may purchase a full length Lycra girdle without zippers at a department store to wear for comfort.



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10. The body retains fluids in response to surgery so do not expect to see any immediate weight loss for the first 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than a decrease in pounds.
11. Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months afterwards. The bruises will move down your body as they are absorbed.
12. Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. Massage can begin 2 weeks after surgery. Request a Swedish Lymphatic massage therapist.
13. It is normal to have an itching sensation and/or numbness following surgery in the areas that underwent liposuction. This will gradually subside over the next 2-3 months.

General Information

1. Avoid strenuous activity and lifting of objects heavier than 10 lbs. for 3 weeks (keep heart rate less than 100 beats per minutes)
2. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater (with both UVA and UVB protection) for at least 6 months.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications please call my office.
5. If you develop a fever (oral temperature greater than 101°F), redness, or increase pain at the surgical incisions, please call immediately.
6. Some of my patients wear their compression garment for longer than 2 weeks and then wear a compression girdle with extra-support pantyhose thereafter.

Massage Therapy

Massage therapy can be beneficial following liposuction surgery beginning 3-4 weeks after the procedure. Suggested therapy is 2-3 times per week for 3-4 weeks. This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with liposuction. We also recommend circular massages with vitamin E oil and external ultrasound heat therapy as needed.



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Follow-ups

Marks from the puncture sites will gradually heal and fade, in most cases so that they are barely noticeable. A post-operative consultation will be scheduled for you to see Dr. Tran, 14 days after your surgery. Further appointments will be set up for you to see Dr. Tran both 6 weeks and 3 months from the date of procedure.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.