



JONATHAN HEISTEIN, M.D.  
PLASTIC & RECONSTRUCTIVE SURGERY

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## L I P O S U C T I O N H O M E I N S T R U C T I O N S

### DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

### ACTIVITY

- Take it easy and do not schedule any significant activities for the first 1-2 weeks.
- Avoid any strenuous activity for 1-2 weeks.
- Do not do any heavy lifting over 5 lbs.
- Before beginning weight lifting, jogging, high impact aerobics or any sports, check with Dr. Heistein.
- Deep breathing exercises should be done every hour while awake for the first 48 hours.

### MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

### WOUND CARE

- ***Do not smoke!***
- Keep the compression garment clean and dry.
- Wear garment constantly 24 hours a day for 3 weeks (remove only to shower or for cleaning). After 3 weeks, wear it during the day for another 3 weeks (you may remove it to sleep).
- You may shower after 24 hours but replace garment immediately after showering. Do not sit in a bathtub.
- Cover incisions with dry gauze and change as needed to prevent staining of clothes, since you may experience some leakage from the incisions.

### PROBLEMS

- ***Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:***
- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- Excessive tenderness, swelling, and bruising at the operative site
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

### ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.
- If you had spinal or epidural anesthesia, you may have back pain at the injection site. If you experience a headache, bed rest and an increase in fluids may help.

### SPECIAL INSTRUCTIONS \_\_\_\_\_

### FOLLOW - UP

- Please call tomorrow to schedule your post-operative appointment for \_\_\_\_\_ (unless previously scheduled)