



Dr. Nga Dang

LIPOSUCTION Post-Operative Instructions

*****STAND UP SLOWLY and RELAX your shoulders TO AVOID DIZZINESS AND FAINTING*****

Swelling and Bruising

- Swelling occurs in everybody and will take up to 2 weeks to reach its maximum. It is common for the lipo area to feel very firm and tight.
- Swelling and bruising in the groin, genitalia, thighs can occur with abdomen lipo. This can occur in the feet for leg lipo and the armpit and hands for arm lipo.
- Final results – it usually takes several months for all of the swelling to resolve.

Drainage

- Blood-tinged drainage from your incisions is expected and may soak through your garment. Do not be alarmed, it is normal and will subside within a day or 2 after lipo.
- We recommend using the pads provided or dark color towels on your bed or couch to prevent staining.

Discomfort/Pain Medications

- **FIRST NIGHT** – you will feel an intense wave of soreness and throbbing. This will become less intense in 24 to 48 hours.
- **Do NOT use ice** or cold compresses
- **Do NOT use heating pads** or hot compresses
- **After Day 4** post-lipo, **Ibuprofen** (Advil, Motrin) may be used to help with pain. This will allow you to use less prescription pain medicine.

Itching

- Pain medicine can cause itching. Use non-prescription Benadryl tablets 25 mg as directed.
- If you develop a rash with the itching, please contact us.

Dressings and Garments

- **Compression garment** – You will need to purchase a compression garment (labellacosmetic.com/postlipo).
- The compression garment should be worn **24 hours a day for at least 2-3 weeks**.
- **Garments must be WORN FLAT against the skin.** Bunched up and creased garments can cause folds, creases, dents and irregularities. Check your skin in the mirror daily. If you see creases or skin issues, call or send photos to your Surgeon immediately.
- **Foam pads and board** - if placed, foam pads and belly boards are worn for 1-2 weeks to help prevent creases. Try to reposition the pad/board slightly every day to prevent superficial lines from becoming permanent.

- **Posture** – it is important to keep lipo areas smooth and flat. For abdomen, watch your sitting position. Sit up straight and lean back slightly so you do not bend at the waist. Arms and legs, watch for creases in the elbow and behind knees with flexion. For back, watch for creases at the waist and lower back.

Skin and Scar Management

- **Dragon's Blood** – made from the sap of the Croton tree, this is used as natural antibacterial and skin protection. It is applied to the incision sites daily after showers until the sites are healed (1-2 weeks). This will help lessen chances of scarring.
- **Massage** – Massage is not required. But, if desired, lymphatic drainage massage is okay. You can use a rolling pin or give yourself a lymphatic massage.
- **Skin sensitivity** – prickling, itching, tightness, firmness, are all common from 2 weeks to 3 months. Less commonly, they can last up to 6 months.
- **Numbness** – skin may remain partially numb for 5-6 months as the nerve endings are healing.
- **Showering** – You may shower **AFTER your incisions close in a few days after liposuction surgery only**. No tub soaks, saunas or swimming until all incisions are closed and scabs have fallen off, usually 2-3 weeks after surgery.
- **Driving** - you may start driving once off of narcotics.
- **Exercise** – avoid strenuous exercise for the first 4 weeks. Light activity is ok.

Contact Us

Call us immediately if you have:

- Fever above 101 degrees
- Severe pain uncontrolled by pain medications
- Rash, nausea, vomiting or diarrhea after taking your medications
- Increasing redness or sensitivity in any area.
- Foul-smelling or cloudy drainage from the wounds
- Sudden onset of chest pain, difficulty breathing or shortness of breath - **IF SEVERE CALL 911**

**DURING BUSINESS HOURS (M-Th 9AM-4PM):
URGENT ISSUES- call office 408.531.9970**

Dr. Dang and Team:

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