

ARCO A. DEMIANCZUK, MD, FRCSC
Plastic, Reconstructive & Cosmetic Surgery
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LIPOSUCTION POST- OPERATIVE INSTRUCTIONS

- Rest and avoid physical activity for the first week and this will significantly reduce your bruising.
- Applying ice to the area of surgery for the first 48 hours may reduce the swelling and discomfort. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn.
- You should drink lots of non- citric juice or non- diet soft drinks for the first several days after your surgery. If you are not urinating as much as normal, increase the amount of fluid you are drinking. If after this, you continue to urinate less than normal, call Dr. Demianczuk.
- You will be placed in a liposuction compression garment following your surgery. This should be worn continuously for three weeks. Once you are comfortable, you may remove the garment in order to shower. Use an antibacterial soap (Dial, Hibitane) for washing. You may wash your compression garment as necessary.
- You will have dissolving stitches in the small cuts made during your surgery. There may be some fluid drainage from these cuts for the first several days. Place a small bandage over the cuts until they stop draining.
- You will notice the skin in the area of your liposuction feels quite odd. Once your are comfortable, begin to firmly massage the surgical area for five minutes three times daily and continue this for several months until the swelling has settled and the sensation is normal.
- If your scars will be exposed to sun, regular use of sunscreens such as **AlumierMD with an SPF of 40** is recommended for several weeks afterwards. This can be purchased through our office.
- Do not use Vitamin E cream in the first six weeks or you may widen your scars. The surgical incisions are usually thin at first, become somewhat thick and red for up to six months, and then begin to fade. It takes at least one year before final scar quality is established, and sometimes longer. There is some evidence that your scars may be improved by taping them continuously for about three months. Use 3M Micropore 1 inch paper tape and apply it along the length of the scar wearing it night and day and changing it as necessary. This is optional but you may find it helpful. Scars occasionally will become raised and red. If this is happening to your scar you can try using silicone. This product comes in either liquid form or as a sheet, and is available at the front desk. If your scar is becoming a problem please discuss it with Dr. Demianczuk.
- **You should page Dr. Demianczuk's office 604-806-6360 if you have:**
 - **bleeding, increasing pain, pus in the surgery area, fever, difficulty urinating, shortness of breath**
 - **If you cannot reach Dr. Demianczuk after hours, please call St. Paul's Hospital at 604-682-2344 and ask for the Plastic Surgeon on call to be paged.**
- If you received sedation, you **MUST NOT** operate motor vehicles, boats power tools, or machinery for 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

PRESCRIPTIONS:

- Tylenol #3 or Tramacet. Take one or two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine.
- Antibiotics _____ Other medicines _____

SPECIAL INSTRUCTIONS: _____

Follow-up appointment: _____