

AUSTIN G. HAYES, M.D.
Board-Certified Plastic Surgeon

Postoperative Instructions – Liposuction (& BBL)

Be certain to read these instructions carefully prior to your surgery and follow them closely.

MEDICATIONS

Have all medications prescribed by Dr. Hayes filled prior to your surgery date.

The following medication(s) should be purchased over-the-counter and take regularly:

Miralax 17g	Once daily	x 5-7 days	STOOL SOFTENER
Tylenol 325-650mg	Every 4 Hours as needed	x 5-7 days	PAIN CONTROL

IMMEDIATELY AFTER SURGERY

- Pain Meds: Take Tylenol regularly and Oxycodone as needed for pain control.
- Do NOT apply ice to surgical area. The risk of frostbite is too high.

GENERAL INSTRUCTIONS

- Contact Dr. Hayes immediately should you develop any sudden pain, swelling, or fever.
- Your garment will be applied during the surgery. If the garment feels too tight or is painful, contact Dr. Hayes.
- Do NOT drive if taking Oxycodone (narcotic pain medicine).

ACTIVITIES

- You have just undergone a major surgical operation. The only activity permitted for the first four weeks is walking, which you should do at least every hour while awake.
- Wear compression stockings 24 hours per day (7 days), except to shower.
- Do not drive if you are taking any pain medications or muscle relaxants.
- **BBL ONLY:** Try to avoid sitting for greater than 15 minutes at a time for the first four weeks if possible. You should try to sleep on your stomach for 6 weeks. Use BBL pillow when sitting for longer periods of time.

INCISION CARE

- You may shower anytime after surgery. The band-aids can get wet.

- No tub soaking or swimming until cleared by Dr. Hayes.
- Some incisions are left open to allow fluid to drain.
- Place absorbent pads around incision sites to wick away moisture and to prevent irritation by garments. A feminine napkin may be easiest. Drainage and leaking of bloody fluid from incisions is very common after liposuction due to the fluid used during the procedure.
- **Absorbent pads are helpful on your bedding to absorb any drainage that may occur in the first several days.**
- Inspect the incisions daily for signs of infection (redness).
- After four weeks, Dr. Hayes may prescribe silicone gel for scar treatment.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, and keep incisions covered. If sun exposure is unavoidable use sunscreen with SPF 30 or greater. Put sunblock on incisions, and allow it to dry, BEFORE putting on your swimsuit.

APPEARANCE

- Swelling will be greatest on the third postoperative day.
- Scars can be reddened for up to 6 months, after which point they will fade and soften.
- Some bruising can occur after your procedure, but the degree varies from patient to patient. Bruising may be noted in the groin region, and swelling can occur in the genital area.

WHEN TO CALL

- If you have increased swelling or bruising.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have chest pain, shortness or breath, or leg swelling.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have any concerns.

PLEASE CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS: 503-748-0069