



WHAT TO EXPECT AFTER YOUR LIPOSUCTION !!!!!

1. Once you are discharged and arrive home, expect a lot of drainage. **THIS IS NORMAL!** This is some residual tumescent fluid and it will be blood tinged. So do not sit or lay on your good furniture. Expect your garment to get really soiled. **Again, this is normal.**
2. Your first night or two after surgery will be uncomfortable. We want you to rest however, it is also important to walk about the house. Take your pain medication approximately one hour before you go to bed, as this will help you rest. The bulky dressings do make it hard to find a comfortable position, but hang in there, they come off SOON!!
3. **KEEP YOUR GARMENT ON!!!** We know the foam pads are uncomfortable and they may even cause you to itch, but they are crucial to your healing. You can however, change the gauze dressing, (NOT the foam pads), if you wish, Sanitary napkins cut into pieces are absorbent and work well. You may unzip the garment to change the gauze but zip it up again immediately. If this seems too difficult or painful, don't do it. We will change all your dressings and garment at your first post operative visit and at that time, you will be given a new garment to wear.
4. You will be numb in all the areas that were liposuctioned, this is normal. And this may take up to several months to resolve. In the meantime, you can also expect a burning type sensation pulling feeling to your skin. This is because your skin is stuck down to the deep tissue layer but don't worry this too will pass.
5. **SEROMAS:** A seroma is your body's own healing fluid. Think of the space where the fat was before, this is a healing area now that may tend to collect fluid. If this happens, don't worry, this can be easily treated. Many people develop seromas and go on to heal nicely without any contour problem. They can also cause increased discomfort to that specific area, but once it is removed, you will feel immediately better.
6. Your garment will also tend to dry your skin out and cause scaling of your skin. You can use moisturizers or powder, after your sutures are removed.
7. As you progress, you can anticipate being swollen, sometimes up to 4 weeks. You can even see ankle swelling. It will of course be worse at the end of the day after you have been on your feet. We know this can be frustrating, but understand that this was a big procedure and you need to give yourself and your body good healing time.

8. You may question yourself and wonder what you have just done to cause such discomfort, but be patient, your results will come with time. It is interesting to note that when you get discouraged, Dr. White will show you your before pictures and you can see how much you have changed. We all like to forget the 'befores'!
9. Some other typical concerns have been constipation, usually due to the pain medications. Use of Metamucil or a gentle laxative agent will help. Some women will also tend to develop a yeast infection with the antibiotics. The usual over the counter treatments can be used. You may see a change in your appetite as well, while you're taking medication. Try to keep something light in your tummy.