



**Deborah J. White, MD PC**  
Aesthetic & Reconstructive Surgery

---

***BELT LIPECTOMY/LOWER BODY LIFT  
POST-OPERATIVE INSTRUCTIONS***

1. You will be discharged with at least ONE drain. They will typically remain in place for 5 – 10 days depending on their output. You will need to stay on antibiotics as long as the drains are in place. They will be removed when their total output (per drain) is less than 30 cc's in 24 hours.
2. You may shower with the drains, but no baths. You may use regular soap. Remove all of the dressings except for the tapes (steristrips). Pat everything dry and replace the gauze pads if the incisions are still draining. You may use antibiotic ointment such as Bacitracin around the drains and on the incisions as long as they don't have butterfly tapes (steristrips) on them.
3. Take ALL of your antibiotics until they are gone. Use the pain medications if you need them, but try to change to Tylenol as soon as you are able. You will sleep better, have less nausea, and have less constipation.
4. You may have difficulty sitting if your back incisions are tight. An elevated toilet seat can be very helpful, as can a funnel (store-bought or home made by cutting the bottom off of a Styrofoam cup) for urinating.
5. Try to walk around several times a day. When lying down you may elevate your legs above your heart to help with the swelling. Swelling and bruising are NORMAL for several weeks.
6. You may drive when you can sit comfortably and are not taking narcotics (usually about 1 to 2 weeks).
7. Call us for fevers greater than 101 degrees, shaking chills, increasing pain, swelling and redness. (480) 614-3535.
8. Relax! You WILL feel normal again! The scars will take MONTHS to fade, and it is normal to feel very fatigued. A multivitamin can be helpful with healing. Remember to take something like Metamucil while taking narcotics—they are VERY constipating!

Should you have **ANY** questions, or concerns, please do not hesitate in contacting our office day or night at: 480-614-3535.