

DR. GREENBERG & DR. ALEXANDER'S
POST-OP INSTRUCTIONS
AFTER YOUR LIPO & BODY SCULPTING PROCEDURE

1. You will need someone to drive you home after the procedure.
2. No driving for 24 hours after the procedure.
3. Complete the antibiotics and any other medications given to you by your surgeon.
4. Postoperatively take Tylenol (acetaminophen) 1000mg every 6 hours as needed for your discomfort. **Do not exceed 4000mg** of acetaminophen (Tylenol) in any 24 hour period. If the discomfort is not relieved with Tylenol, you may take Norco 1 tablet every 4-6 hours as needed to control pain. Remember Norco has Tylenol or acetaminophen in it, **so be sure not to exceed 4000mg of acetaminophen in any 24 hour period of time. Avoid Aleve, Advil, aspirin, ibuprofen, or any other type of pain relieved not prescribed or recommended by your surgeon.**
5. You will have significant drainage from your incisions for the first 24-72 hours after the procedure. The drainage may be blood tinged. Do not be alarmed, as this is normal for this type of procedure.
6. When you initially remove your compression device to change your pads at home, you will leak a significant amount of fluid. You may also get dizzy or light-headed. Do not be alarmed, but be prepared. It would be wise to initially change your garment over a towel, or in the shower. Have a chair close by to sit on if you become light-headed.
7. You may take very quick showers and get our incisions wet after the procedure. The longer your shower, though, the more chance of developing a seroma (fluid collection) in the treated area.
8. **You MUST wear your compression garment for at-least 3 weeks postoperatively. NOT DOING SO MAY IMPAIR THE RESULTS OF YOUR PROCEDURE AND INCREASE THE CHANCES OF A POSTOPERATIVE COMPLICATION.** You may remove your garment to shower, **but replace it immediately once your shower has been completed and you have dried off.** You may choose to purchase an additional compression garment to allow you to wear a clean one while washing the previously worn garment. Wearing the garment until 12 weeks postoperatively will improve the results of your procedure.
9. Avoid baths or hot tubs for at-least 3 weeks, but you may go swimming once the incisions have healed completely.
10. You may return to work as soon as you feel comfortable, but avoid strenuous activity for at-least 2 weeks after the procedure. You may gradually increase your activity level after that, as tolerated.
11. After the initial drainage period in the first 24-72 hours postoperatively, place Vaseline over the incision to keep them moist. If the incisions are allowed to scab over, there may be some scar formation. Using a circular band-aid over the incision sites will help keep the incisions clean and decrease the irritation of your incisions from the garment.
12. If you develop bruising and discoloration over the operative area, you may use Arnica gel or lotion over those areas. This will dramatically reduce the discoloration within 24-48 hours.
13. Be sure to keep your postoperative appointment.

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14. You may restart your medications previously taken after 3 days post-op, **but continue to avoid Aleve, Advil, Motrin, ibuprofen and aspirin for at-least 2 weeks post-op.**

CONTACT DR. GREENBERG OR DR. ALEXANDER IMMEDIATELY IF ANY OF THE FOLLOWING OCCURS:

1. SEVERE VOMITING OR SEVERE ABDOMINAL PAIN WITHIN 72 HOURS AFTER YOUR PROCEDURE.
2. TEMPERATUVE OF 100.4 OR HIGHER.
3. SEVERE HEADACHE OR DIZZINESS WITHIN 24 HOURS AFTER THE PROCEDURE.
4. THE INCISION SITE BECOMES RED, SWOLLEN OR BEGINS DRAINING PUS OR FOUL SMELLING DRAINAGE.
5. YOU DEVELOP NERVOUSNESS, APPREHENSION, BLURRED VISION, DOUBLE VISION, CONFUSION, GENERALIZED MUSCLE TWITCHING OR SEIZURES WITHIN THE FIRST 24 HOURS AFTER THE PROCEDURE.
6. YOU DEVELOP SHORTNESS OF BREATH, DIFFICULTY BREATHING, PAIN OR SWELLING IN YOUR LEGS, OR CHEST PAIN.

CALL THE OFFICE FROM 9AM TO 4:45PM MONDAY-FRIDAY @ 972-377-6553

CALL DR. GREENBERG 24/7 @ 214-808-8981 (if Dr. Greenberg did your procedure)

CALL DR. ALEXANDER 24/7 @ 469-964-4755 (if Dr. Alexander did your procedure)

CALL 911 IN CASE OF EMERGENCY