

Derek T Ford, MD, FRCSC

Plastic Surgeon

Liposuction After Care Instructions

- Arrange care at home for the first 72 hours following discharge after surgery.
- It is important to move your ankles and knees while in bed to reduce your risk of post-operative blood clots from developing in the deep veins in your legs.
- Please take the prescribed pain medication every 4-6 hours as needed and any antibiotics as prescribed. If you do not have pain please do not take the pain medication. Please do not drink alcohol while you are taking pain medication.
- Take all medication as directed.
- Please shower with soap and water, and wash hair with shampoo daily while at home.
- It is best to start with a light diet following surgery. Begin with soups and progress to a soft diet high in protein.
- Wear loose fitting clothing that does not pull over your head. No turtlenecks or tight scarves as this may compromise the blood supply to your surgical sites.
- The provided compression garment must be worn at all times for at least 2 weeks following surgery both day and night. The garment may be removed to shower. Sit or lay down for approximately 20 minutes before you shower. As you can occasionally you can feel dizzy or light headed, it is recommended that be with you to help with the shower.
- Please continue to wear the compression garment at night for the second 2 weeks. The compression garment may be washed in a washing machine and to let air dry. A Lycra girdle without zippers may be purchased at a department store to wear for comfort during the day.
- The body retains fluid in response to surgery. There will not be any immediate weight loss for the first 2 to 3 weeks following surgery
- Bruising can be apparent for as long as 3 to 4 weeks following surgery. Bruises move downwards with gravity as they are absorbed.
- The first follow up visit is usually arranged at one week following surgery.
- It is normal to have an itching sensation and numbness following surgery in the areas that underwent liposuction. This will gradually resolve over a period of 2 to 3 months.
- Normal activity can be gradually resumed after 2 weeks. Exercise and strenuous activity (running and gym exercise) should be avoided until 4 to 6 weeks following surgery.
- It is important to follow up with Dr. Ford following your surgery. He will see you in follow-up at 1 week, 3 to 6 weeks, 3 to 6 months and 1 year post surgery. Please call 888-925-7337 (Monday to Friday between 9 am and 4:30 pm) to schedule your appointments at either our Toronto or Oshawa locations.

Things to Avoid

- Avoid straining for first 10 days following surgery as this may lead to post-operative bleeding.
- Avoid spending your time following surgery in bed – increased risk of deep venous blood clots following surgery.
- Avoid smoking. This may result in poor healing.
- Travel for at least 2 weeks.

Scar Care

- Apply a silicone cream (Dermatix) to your incisions twice daily, morning and night starting at 6 weeks post surgery and for a period of 3 to 6 month.
- Massage your scars before the application of Dermatix twice daily.
- Apply SPF 30 or greater sunblock to scars when outdoors to minimize the risk of scar hyperpigmentation.
- Dermatix may be purchased from Dr. Ford's office.

Emergencies

- If you develop an acute onset of swelling which is significantly more pronounced than the other side, or if you are having pain that is not relieved by medication.
- If you develop a fever (temperature greater than 38.5°C), redness or increased pain at the site of your surgical incisions.
- Swelling and pain in your calves, acute chest pain or shortness of breath.
- If you develop nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medication.
- If you have nausea and vomiting that prevents you from drinking or eating.

Contact Information in Case of Emergency or if Questions Arise

**During Office Hours – Monday to Friday 0830 to 1630
416-925-7337 or 905-743-9888 or 888-925-7337**

**Outside of Office Hours
Dr. Ford's Mobile Phone - 416-317-2300
Dr. Ford's e-mail – dford@fordplasticsurgery.com**

Proceed to nearest ER or call 911