



James A. Rieger, MD
316-652-9333

Post Operative Information for Liposuction

You have just had a delicate operation. The following information is intended for your wellbeing and will assist you during your recovery period. If you have any questions please do not hesitate to call me at 316-652-9333 (there is an answering service 24 hours/day). For after hours, post-surgical concerns, if you have left a message and have not received a call back within 30 minutes, you may call Kansas Medical Center at 316-300-4000 and have them contact me. If you are experiencing a medical emergency and need immediate medical attention please go to the nearest emergency room or if necessary dial 911.

Some reasons to call:

- Fever
- Pain not relieved by medication
- Severe or asymmetric swelling
- Redness, warmth, or drainage from incisions
- Persistent nausea, vomiting, or inability to urinate
- Bleeding (a small amount of oozing is normal)
- Any unusual symptoms or concerns

A Note About Questions

Your healing journey is unique, and no two recoveries are exactly alike. If something worries you, please reach out to our office directly. We know your medical history and surgery details, and can give you advice that's safe and specific to you. Online forums and social media may offer general information, but they can also be confusing or misleading. We're here for you—day or night—so please call us anytime you have questions or concerns. **316-652-9333**

After surgery, you will be taken to the post-anesthesia care unit. Most patients will leave with a compression garment in place.

Swelling, tightness, and mild discomfort are normal. These symptoms generally resolve over the next several days to weeks. Numbness in the treated areas is common and may take up to 6 months to improve. Clear drainage from liposuction sites may occur during the first few days and is normal. It is important to have someone stay with you for the first 24 hours after surgery. You may need help walking, dressing, and using the bathroom due to lightheadedness or fatigue.

We will see you for a follow-up appointment 1 week after your surgery. This is usually scheduled at your pre-op visit. If it wasn't, please call our office at 316-652-9333 to make the appointment.



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Avoid the risk of extreme swelling & post operative problems by avoiding the six "S's"

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|--------------------|-------------------------|
| 1) Straining | 4) Sunshine |
| 2) Stooping | 5) Smoking |
| 3) Sexual activity | 6) Strenuous activities |

"DO"

- Fill your prescriptions right away.
- Complete your antibiotics and take pain medication as directed.
- Start your antibiotics the afternoon you get home from surgery—take one dose in the afternoon and one before bed. Beginning the next day, take them four times a day: at breakfast, lunch, dinner, and before bed.
- Wear your compression garment 24 hours/day for the first 3 weeks (except for washing). If the garment you received from the surgery center does not fit well, you may use one you already have.
- After 3 weeks, continue to wear the garment as much as possible for 3 months (minimum 12 hours/day).
- Sleep in your garment.
- Have assistance when removing the garment the first few times.
- Shower 24 hours after surgery. Hand wash and air-dry the garment you went home in.
- Start with liquids and light foods like crackers, soups, and jello. Gradually return to a normal diet.
- Resume prior prescriptions unless they're on the avoidance list.
- Drink plenty of fluids during the first 48 hours.
- Return to work in about 1 week, depending on your job. Ask Dr. Rieger if unsure.

"DO NOT"

- Do not lift anything anything heavier than 5–10 pounds for the first 1–2 weeks. This includes children, groceries, laundry baskets, pets, etc. After that, gradually increase activity only as advised by Dr. Rieger.
- Do not care for children or dependents in the first 24 hours.
- Do not bathe in a tub or swim for 3–4 weeks.
- No lakes, oceans or hot tubs for 8 weeks.
- Do not make any important decisions or sign any important papers in the 24 hours following surgery or anytime while taking pain medication.
- Do not use hot or cold packs on treated areas.
- Do not participate in sports or strenuous workouts for 4–6 weeks.
- Do not scratch or touch incision sites (Benadryl by mouth is OK for itching).
- Do not drink alcohol for 2 weeks. Never mix alcohol with narcotics.
- Do not exercise for 6 weeks, except walking. Start slowly and increase your walking gradually.



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Remember

Swelling & Bruising

- Swelling and bruising are normal and usually improve within a few weeks. Swelling may shift downward toward your feet due to gravity. Full healing and final results can take 6 months to 1 year, so be patient—this is normal.

Pain Relief & Medications

- You may take Tylenol if needed, but do not take it along with your prescribed pain medication if it already contains Tylenol. Avoid aspirin, ibuprofen (Advil, Motrin), and other anti-inflammatory medications for 2 weeks before and after surgery, unless cleared by our office, as they can increase bleeding.
- If you experience itching, rash, wheezing, or tightness in your throat, stop all medications and call our office immediately—this may be an allergic reaction.

Sun Exposure & Skin Care

- Avoid direct sun exposure on the treated areas for at least 1 month. UV rays can darken healing skin. Use sunscreen (SPF 15 or higher) daily for 1 year after surgery. Moisturizers and creams may be used starting 3 weeks after surgery, but avoid putting them on incision sites until they are fully closed.