



COSMETIC SURGERY  
OF LAS VEGAS

DR SAMIR PANCHOLI

## Liposuction- Post Surgery Care

**Shopping:** Obtain these items before surgery.

- Prescriptions
- Supplies:
  - Maxi Pads or equivalent
  - Large absorbent disposable pads
  - Walker (liposuction waist down)
  - Q-tips
  - Hydrogen peroxide
  - Antibiotic ointment
- Food – Week 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)  
Week 2 and forward: normal diet.

**Dressings/Bandages:**

- Dr. Pancholi will perform your first dressing change the day after surgery at the office.
- Face and Neck Garment:
  - Wear your supportive garment 24 hours a day for the first week
  - Wear your supportive garment 12 hours a day for weeks 2 through 4.
  - You may remove your supportive garment to wash it or when you take a shower.
- Body Garment:
  - Wear your supportive garment 24 hours a day for the first 4 weeks
  - Wear your supportive garment 12 hours a day for weeks 4 through 6.
  - You may remove your supportive garment to wash it or when you take a shower.
- You may shower daily starting 24 hours after surgery.
  - *Do not bathe.*
  - The surgical foam may get wet, but avoid soaking the foam in water.
  - Towel dry the surgical foam first and then use a hairdryer on a cool air setting to complete the drying process. Do not use the warm or heated hairdryer settings.
- Check any pads for moisture and replace with dry pads as necessary
- Loosen and reposition the garment through out the day to keep the skin smooth and un-creased by the garment.

**Sutures:**

- Your sutures are dissolvable.

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Patient:

Date: 8/17/2010

## Wound Care:

- Starting the first day after surgery, clean your incisions as follows:
  - Keep your surgical foam in place.
  - Using a Q-tip soaked in diluted hydrogen peroxide (mixed with 50% water), gently dab the incision area.
  - Apply a thin layer of antibiotic ointment to the incisions.
  - Perform this cleaning after your shower.
  - Dry the surgical foam as described above using a hairdryer on a cool air setting.
  - Drainage
    - Expect a high volume of watery red fluid the first 24-48 hours.
    - Replace your pads as needed to keep the area dry.
    - Apply antibiotic ointment each time you change pads
    - Notify Dr. Pancholi if you notice thick dark red fluid that *gels*.
- One week post surgery appointment:
  - Dr. Pancholi will likely remove the foam.

## Activity:

- Up to 6 weeks:
  - No bathing, swimming, or use of hot tub, sauna, steam room or similar.
- Up to 3 weeks:
  - Do nothing that raises your heart rate or blood pressure including but not limited to:
    - Sex
    - Lifting
    - Exercise
  - Avoid all nicotine products (including second hand smoke) for at least 4 weeks.
  - Avoid drinking alcoholic beverages to minimize bleeding.
  - Do not lift anything over 10 pounds.
- Up to 2 weeks:
  - Use your walker for assistance, if needed
  - Walk leisurely for 15 minutes every waking hour to help circulation.
  - Do not lift anything over 5 pounds.
- Up to 48 hours after surgery:
  - Have a caretaker stay with you.
  - Your caretaker must be at your side any time you get up and move around.
  - Resume normal walking and routine daily activities, as tolerated, the day after surgery.
  - When you get up, allow your body and brain to adjust by:
    - Sitting for 5 minutes before standing
    - Standing for 5 minutes before walking
    - Be careful and have your caretaker near by when getting up from the toilet.

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Patient: \_\_\_\_\_

Date: 8/17/2010

## Special Instructions:

- Avoid all nicotine products (including second hand smoke) for at least 4 weeks.
- Expected Results may not become evident for up to six months.
- Swelling, bruising, and some bloody drainage are normal during the first 2 weeks.
- As sensation returns, it is common to feel tingling or sharp sensations for a few months.
- Use an under-pad over the bottom bed sheet and one between you and the top bed sheet to protect your bed from drainage.
- First 4 Weeks
  - Areas treated may feel rigid or hard to the touch until swelling subsides.
  - Massage areas that have become thickened or firm several times daily to soften them.
  - The skin may also feel itchy or numb.
  - Having lymphatic massage during this time period will help the swelling resolve quicker.
- Do not drive any vehicles or operate and heavy machinery:
  - 36 hours following your surgery.
  - 4 hours following your last dose of pain medication.
  - 8 hours following your last dose of sleep medication.
- Be aware of a possible hematoma by noticing an isolated area to have:
  - Extreme swelling
  - Extreme hardness
  - Extreme pain
  - Notify Dr. Pancholi immediately if the above occurs.
- Be aware of a possible seroma (fluid collection) by noticing an isolated area to have:
  - Fullness
  - Tenderness
  - Feels fluid like
  - Notify the office if the above occurs.
- Prescriptions:
  - If you have a sensitive stomach, take your antibiotic with yogurt.
  - If your pain medicine is making you sick:
    - Lower the dose.
    - Take it with food.
    - Notify Dr. Pancholi

Patient

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Guardian Signature: _____	Relation to Patient _____	Date: _____
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Dr. Pancholi \_\_\_\_\_ Date: \_\_\_\_\_

Witness \_\_\_\_\_ Date: \_\_\_\_\_