**T. Y. Steven Ip, M.D.**

## PLASTIC SURGERY

**LIPOSUCTION**

**AFTER CARE INSTRUCTIONS**

**AT HOME AFTER SURGERY:**

 After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.

 It is important to be walking early and frequently, move your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don’t cross your legs as this can increase the risk for blood clots.

 Please take deep breaths frequently to keep your lungs clear (15-20 per time).

 A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.

 Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. The pain medication and muscle relaxant we have prescribed should relieve your discomfort. You may take the pain medication every 4-6 hours as needed for the first 2-3 days after the surgery for pain and/or discomfort. You may take the Xanax every 8 hours for the first 24/48 hours for anxiety. It is best to take pain medication with crackers, jello, etc. Do not drink alcohol while taking pain medication.

 It is important to refrain from any strenuous activities for 3 weeks after surgery. Keep your heart rate below 100 beats per minute. Gradually work to pre-surgical activities beginning slowly at the 2nd week.

 The compression garment must be worn AT ALL TIMES for 2 WEEKS. You may remove the garment beginning on the 2nd day before taking your first shower, however be sure someone is with you to help, as occasionally you can feel dizzy or light headed. This is normal. Sit or lay down for about 20 minutes BEFORE you shower.

 You then wear the compression garment at night for the second two weeks. Many patients continue to wear the garment for comfort. You can put the compression garment in the washer and air dry. If you wish, you may purchase a full length Lycra girdle/Spanx without zippers at a department store to wear for comfort.

 The body retains fluids in response to surgery so do not expect to see any immediate weight loss for the first 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than a decrease in pounds.

 Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months afterwards. The bruises will move down your body as they are absorbed.

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Please visit Dr. Ip’s website at [www.surgery-plasticsurgeon.com](http://www.surgery-plasticsurgeon.com/) for additional information on plastic surgery and wellness.

# LIPOSUCTION

### AFTER CARE INSTRUCTIONS (continued)

 Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. Massage can begin 1 weeks after surgery. It is okay to use a massage therapist who performs lymphatic massages.

 It is normal to have an itching sensation and/or numbness following surgery in the areas that underwent liposuction. This will gradually subside over the next 2-3 months.

**GENERAL INFORMATION**

 Avoid strenuous activity and lifting of objects heavier than 10 lbs for 3 weeks (keep heart rate less than 100 beats per minute.)

 All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater (with both UVA and UVB protection) for at least 6 months.

 Please take all medication carefully and as directed.

 If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications please call my office.

 If you develop a fever (oral temperature greater than 101°), redness, or increased pain at the surgical incisions, please call immediately.

 Some of my patients wear their compression garment for longer than 2 weeks and then wear a more comfortable compression support like Spanx.


## MASSAGE THERAPY

Dr. Ip recommends massaging the area following liposuction surgery beginning 1-2 weeks after the procedure. It is okay to use a massage therapists that understands lymphatic massage. Suggested therapy is 2-3 times per day for 3-4 weeks. This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with liposuction. We also recommend circular massages with Vitamin E oil and external ultrasound heat therapy as needed.

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# LIPOSUCTION

### AFTER CARE INSTRUCTIONS (continued)

It is important to be seen by Dr. Ip after your initial post-op checks. He will see you at scheduled follow-up appointments. Call to schedule your appointments at Newport Beach Office (949) 548-0300 or Park Avenue NYC Office (855) 742-8800 between the hours of 8:30 – 6:00.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. IP**

If you are a patient at one of the facilities below, please call between the hours of 8:30-6:00. If you need immediate care, please call Dr. Ip anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Ip’s cell: (949) 212-1619

Dr. Ip’s email: tystevenipmd@mindspring.com

Dr. Ip’s website: [www.](http://www/)[surgery-plasticsurgeon](http://www.drrohrich.com/).com

Newport Beach Office:

351 Hospital Road, Suite 319 Newport Beach, CA 92663 (949) 548-0300

Park Avenue NYC Office: 799 Park Avenue

New York, NY 10021 (855) 742-8800

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