Luxe Laser Vein and Body Center Maumee, Ohio, 43537 419.893.2775

SmartLipo Post Op Instructions

**Day of Surgery:** Do not drive yourself home. Arrange for a driver and have a responsible adult at home with you the first 24 hours.

**Physical Activity:** Quiet rest is recommended for the first few hours immediately after surgery. Do not drive or operate heavy machinery for 18 hours after surgery. The day after surgery you should feel well enough to resume light to moderate activities. Most people may return to work 24-48 hours after surgery.

**Compression Garments:** Your measurements will be taken and the proper garment(s) will be ordered for you by the Luxe Laser staff. It is important to wear the garments as prescribed. This is usually 23 hours a day for the first two weeks. You may shower and wash the garment then put the garment back on. The garment is an essential piece to the healing process. It helps drain the excess fluid from the incision sites and helps with swelling. The garment may feel tight as your body starts to swell. If you feel that the swelling has caused the garment to be too tight please contact the office. The garment will start to be more comfortable as time goes on. As the swelling goes down you may feel that the garment is too loose, if this happens Luxe Laser will be able to order you a better fitting garment. After two weeks you may wear a lighter compression garment.

**Dizziness and Fainting:** Patients may experience dizziness after surgery. Especially, when the garments are first removed in order to take a shower. Feeling lightheaded or dizziness is similar to what you might experience when standing up too quickly. It is the rapid decompression of the legs after the post-op garments are removed. Should dizziness occur, simply sit or lie down until it passes.

**Post-op Drainage:** One should expect a large volume of blood-tinged tumescent solution to drain from the small incisions during the 24-48 hours, super absorbent maxi pads may be placed over incision. Leaking through the bandage is possible and towels or sheets should be used when sitting or lying down to protect furniture. After drainage has stopped, a small bandage may be placed until incisions have healed.

**Wound Care and Bathing:** Keep incisions clean. You may shower 24 hours post-op. Use gentle cleanser to wash incision site. Afterwards pat dry and place an absorbent pad. When the incision site has stopped draining for 24 hours an absorbent pad is not needed.

**Medications:** Continue taking antibiotics until completed. They may cause nausea so take with food. Avoid aspirin or NSAIDS for pain control. You will be prescribed a mild narcotic to help with the pain. Do not take additional Tylenol with your prescribed medication. If you have any questions about what medications to take please call the office.

**Do Not’s:**

Do NOT apply ice packs or heating pads to skin overlying the areas treated with liposuction.

Do NOT soak in bath, Jacuzzi, swimming pool, or the ocean for at least two weeks after the surgery in order to minimize the risk of infection.

**What to Expect:** Swelling, drainage, and possibly a lot of bruising will occur post Smartlipo procedure.