

# LIPOSUCTION DISCHARGE LETTER AND INSTRUCTIONS

NAME \_\_\_\_\_ D.O.B \_\_\_\_\_

UNDERWENT THE PROCEDURE OF LIPOSUCTION UNDER LOCAL ANAESTHESIA  
WITH ASSISTED SEDATION DATE \_\_\_\_\_

## MEDICATIONS: \_\_\_\_\_

- FOR ANY PROBLEMS RING **DR JONI FELDMAN** ON **98242500** OR **0412 027730**.
- IF YOU ARE UNABLE TO CONTACT **DR FELDMAN** AND YOU HAVE CONCERNS REGARDING YOUR HEALTH PLEASE DIAL **000** OR CONTACT YOUR LOCAL HOSPITAL EMERGENCY CENTRE.
- A FRIEND OR RELATIVE MUST STAY AT HOME WITH YOU OVERNIGHT, TONIGHT.
- ALCOHOL MAY HAVE A STRONGER EFFECT THAN USUAL AND ABSTINENCE FOR 2 DAYS IS MANDATORY.

## REPORT TO DOCTOR IF:

- VOMITING DOES NOT SETTLE, AND YOU CANNOT KEEP DOWN SIPS OF WATER.
- ANY BREATHING PROBLEMS OCCUR.
- ANY UNUSUAL PAIN, ANY FEVER (GREATER THAN 38 DEGREES).
- ANY BLISTERING OR PERSISTENCE DISCHARGE OF MORE THAN 1 WEEK DURATION.
- WITHIN THE FOLLOWING 28 DAYS, IF ANTIBIOTICS ARE REQUIRED FOR AN INFECTION WHICH MIGHT BE UNRELATED TO LIPOSUCTION PROCEDURE, PLEASE NOTIFY THE SOUTH YARRA DAY SURGERY.

## ACTIVITY:

- YOU MAY WANT TO REST TO GO TO BED FOR A WHILE.
- THEN WALK AROUND AND CONTINUE ANY NORMAL NON-STRENUOUS HOUSEHOLD ACTIVITIES.
- PLEASE BE AWARE THAT SOME PATIENTS FEEL A LITTLE DIZZY OR FAINT WHEN THEY GO TO THE TOILET OR HAVE A SHOWER, SO IT'S IMPORTANT THAT YOU HAVE A RESPONSIBLE PERSON WITH YOU.
- YOU CAN RESUME YOUR DESK JOB EITHER THE DAY AFTER THE OPERATION OR THE SECOND DAY POST-SURGERY.
- THOSE UNDERGOING ABDOMINAL LIPOSCULPTURE SHOULD AVOID PROLONGED SITTING AND KEEP FLAT AS POSSIBLE, USING A RECLINER IF AVAILABLE.
- SEXUAL ACTIVITY CAN BE COMMENCED AT ANY TIME, BUT BE GENTLE.
- IT IS RECOMMENDED THAT YOU MAINTAIN A SENSIBLE EATING PLAN AND REGULAR EXERCISE.

## EATING AND DRINKING

- START EATING SMALL MEALS AND PROGRESS TO NORMAL MEALS IF YOU DON'T FEEL SICK.
- DRINK PLENTY OF CLEAR FLUIDS FOR THE NEXT 24 HOURS

## MEDICATION

- SLEEPING TABLETS HAVE A STRONGER EFFECT THAN USUAL.
- THE ANTIBIOTIC CAPSULES (KEFLEX) -IF PRESCRIBED, ARE TAKEN 2 TIMES PER DAY FOR THE FIRST 3 DAYS
- PARACETAMOL ALTERNATING WITH NUROFEN IS RECOMMENDED FOR THE FIRST 48 HOURS.

## DRESSING WOUND

YOU WILL EXPERIENCE DRAINAGE FROM THE TINY INCISIONS FOR A DAY AFTER SURGERY. IT MAY BE SOMEWHAT BLOOD-TINGED AND WILL BE MORE PROFUSE IN THE DEPENDENT OR LOWER PORTION OF ANY AREAS SUCTIONED. THIS USUALLY STOPS AFTER 24 HOURS. THE GARMENT IS USUALLY WORN FOR UP TO TWO WEEKS, BUT WHEN ABDOMINAL LIPOSUCTION IS PERFORMED A LONGER TIME IS PREFERABLE.

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