

LIPOSUCTION

DOCTOR GERUT'S POSTOPERATIVE INSTRUCTIONS

NO smoking, sex, heavy lifting, straining, or exercise. Please rest and relax at home and limit activity. Motion at the areas of liposuction should be limited to a minimum for at least the first three days.

You must wiggle your toes and ankles and move your knees as much as possible to help prevent blood clots from forming in your legs. Do this as much as possible until you are walking normally.

Cough and breathe deeply. This will help prevent post-operative respiratory infections.

Please take the medications that Dr. Gerut indicates with a check mark. Any medication not checked off may be taken if necessary. If you are allergic to any of these medications, please let us know! Please take all pills with a bit of food to avoid nausea. When you fill your prescriptions, the bottles will be labeled **only with the medical names for your pills and for your reference, these medical names are in parentheses below.**

Antibiotic:

- Keflex** (Cephalexin) - 500mg (1 pill) 2 times a day or if allergic to Penicillin,
- Vibramycin** (Doxycycline) - 100mg 2 times a day

Severe pain:

- Percocet** (Oxycodone)- 1-2 pills every three to four hours as needed. For the first two days, consider taking the pain pills every 2 or 3 hours and not wait to feel pain.

Moderate pain:

- Norco** (hydrocodone bitartrate and acetaminophen) - 1-2 pills every 3 to 4 hours as needed.

Nausea:

- Compazine** (Prochlorperazine) Use one if needed. Never use more than 2 in 24 hours. If nausea returns, and you weigh less than 160 pounds, call the office before using a second suppository.

Anti-swelling:

- Medrol Dose Pack** (methylprednisolone) -take as directed on package-begin in morning

Constipation:

- Ex-Lax** (or any other mild laxative as needed).

Multi-Vitamin:

- 1 daily

YOU WILL GO HOME WITH A SPECIAL GARMENT ON. KEEP IT ON AT ALL TIMES DURING THE FIRST 48 HOURS. If you remove it, putting it back on will be very difficult and uncomfortable. Do not shower until two days after the surgery. After 48 hours you may remove the garment to shower **BRIEFLY**. During the shower, the stitches may be washed **GENTLY** by letting water run on them. Gently pat incisions dry, apply Bacitracin or Neosporin ointment and then apply new bandages and put the garment back on. **During your first shower, you should have help to avoid falling as you may become dizzy and faint.** If you must shower during the first 48 hours, you should shower with the garment on. Before the shower, pull all gauze out from within the garment. After shower, replace gauze. If it becomes uncomfortable to wait for the garment to dry use the blow dryer on a **COOL OR WARM** setting to dry the garment. Two days after the surgery you may remove the garment **ONLY TO SHOWER**.

You should wear the garment at all times for weeks after surgery. After two or three weeks you may remove the garment to sleep. After three or four weeks you can go for several hours without it if you are NOT going to be active. After six weeks you will not need it but it may feel better to wear it during exercise for longer.

Expect some bloody fluid to drain from your incisions. In some patient there is quite a bit and in others there is very little. PLEASE UNDERSTAND THAT YOU ARE NOT BLEEDING. Any blood tinged fluid that leaks out after surgery lessens the amount of bruising and swelling from the fluid that remains inside. On your ride home in the car as well as on your chair or bed, you should place several old towels underneath you with a plastic bag below the towels so that your mattress, sheets, or furniture are not stained.

You should drink A LOT after surgery. Drinks like Gatorade, Powerade are good as are juices. Do not drink only water. You need to replace minerals as well as fluids.

NO HEATING PADS OR HOT WATER BOTTLES OR OTHER TREATMENTS TO SURGICAL AREA.

Expect to be constipated due to the effects of anesthesia and medications. This will subside with time. You should start taking laxatives right after the surgery.

There will be a variable amount of pain with this operation which will decrease each day.

Expect bruising and swelling after surgery. The bruising may not be fully present until a few days after surgery. It will subside slowly. The swelling will peak at about five to seven days after surgery and then subside slowly over weeks. It may be months before you notice a significant difference.

If you have non-dissolving stitches, they will be removed around 10 days after surgery. Dissolving stitches dissolve within a couple of weeks.

You may begin limited activity such as normal daily home or work activity roughly five days to one week after surgery and full heavy exercise after two to three weeks.

The areas of liposuction will be numb for weeks or months after surgery. This will subside slowly.

Do not apply any treatments, heating pads, ice or creams to the surgical area unless approved by Dr. Gerut. Because your skin is numb, you could damage your skin severely with these treatments.

No aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut, for one week after surgery. Regarding Advil or Motrin, check with Dr. Gerut or his office staff.

Acidophilus, Diflucan or Monistat to avoid or treat yeast infection from antibiotics.

Please take your temperature twice a day for the first five days after surgery (a.m. and p.m.) and call us if your temperature is higher than 100.8. Any severe increase in pain, or swelling on only one side or any other emergency should be reported to Dr. Gerut immediately at 516-295-2100. After hours call 516-620-3619.

I have been made aware of the following possible complications and/or side effects and I accept them (there are others possible that are not listed here):

Bleeding	Thrombophlebitis	Reaction to the sutures
Infection	Hypertrophic Scars	Contour deformity
Need for revisional surgery	Keloids	Skin/scar discoloration
Wound Dehiscence	Chronic Pain	Disability
Skin Numbness	Asymmetry – very likely	Increase in Cellulite
Seroma	Anesthesia Risks	Paresthesias

X _____

It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy.

X _____

The following is very important regarding your weight:

1. Please understand that liposuction should be done when you are at your optimal weight; ideally as thin as possible.
2. You will be weighed before and after your liposuction procedure on a medical scale.
3. Please be aware that after your procedure, any weight gain may drastically worsen your appearance.

For these reasons, you should make all efforts to keep my weight stable after your procedure and that your weight, after liposuction should equal your pre-op weight MINUS the weight removed by the liposuction. If you gain weight after your liposuction you will not be entitled to any free “touch-up” liposuction procedures to the same area(s). You will be charged a surgical fee and an operating room fee and an anesthesia fee.

No Aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut for ONE WEEK AFTER SURGERY. Regarding Advil or Motrin, check with Dr. Gerut or his office staff. During the time that you are taking a narcotic pain reliever, you are to avoid driving or operating heavy machinery. Dizziness or severe drowsiness can cause falls or other accidents.

I have read the above instructions and requirements (3 pages), the possible issues, problems and complications. My questions have been answered and I understand the weight requirements fully.

Patient signature

Date

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