



Neil J. Zimmel, MD

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Patient Instructions for Liposuction

Preparations for Surgery:

For two weeks before surgery **AVOID** aspirin or products containing aspirin. Also avoid ibuprofen, naproxen, Vitamin E, and herbal supplements as these products make the blood more difficult to clot. Dr. Zimmel will provide you with a complete list of medications to avoid. You may, however, take Tylenol.

If you smoke Dr. Zimmel urges you to quit as ***least six weeks prior to surgery***.

You must purchase a compression garment before surgery and bring it with you on the day of surgery. Dr. Zimmel will measure and select the proper size for you. He will show you where to purchase the garment.

Dr. Zimmel will prescribe antibiotics, pain medication, and nausea medication for you during your final preoperative visit. We recommend filling these prescriptions before the day of surgery for your comfort and convenience.

Immediately Following Surgery:

You should plan to be off work for up to 5-7 days, although this can vary from person to person.

After surgery you will rest quietly for the first 48 hours. You will be able to walk around the house and perform light daily activities. However, during this time, it is not at all unusual for you to feel some pain and soreness in the treated area. This will gradually subside and Dr. Zimmel will give you pain medication to relieve it.

You must take the entire prescription of antibiotics.

You will have several small incisions, which may drain fluid for the first 24 to 48 hours. This fluid is usually blood tinged, but it will resolve quickly. Leave towels down in your chairs and bed to avoid getting the furniture wet. Please have old towels available at home and old sheets on your bed.

You will be wearing the zippered compression garment home from the surgery. Dr. Zimmel will place you in it while you are still asleep. You will wear this garment without taking it off for the first 36 hours after surgery. Please leave it on for the night after surgery and the next day. After this, you may take the garment off and shower. You may also wash the garment at this

time. The garment should be worn for 11 out of 12 hours during the day and should also be worn during sleep.

You will wear this garment for two weeks following surgery. Dr. Zimmel will then instruct you to purchase a new more comfortable spandex garment, which will be worn for two more weeks.

Dr. Zimmel will encourage you to drink one to two liters of fluid the night of surgery. Dr. Zimmel recommends Gatorade. This will keep you well hydrated, and you should pass urine two or more times during the night.

Compression of the liposuctioned area is essential to ensure an excellent result. It helps reduce the amount of swelling and bruising. It also allows the skin to adhere to its new position maximizing your body contouring procedure.

Do not submerge yourself in a bath, swimming pool, or whirlpool for two weeks until your incisions are completely healed.

A few patients react to the anesthetic after surgery with nausea and vomiting. This usually lasts less than 24 hours and should be treated with lots of fluids. Dr. Zimmel will prescribe nausea medicine for during your preoperative visit.

Additional Post-Operative Instructions:

No heavy exercise or lifting for three weeks following surgery. This will allow the skin to adhere to its new position.

Dr. Zimmel encourages walking immediately after surgery. This activity will greatly minimize the risk of deep clots in your leg veins.

Please call Dr. Zimmel if you experience any of the following after surgery:

- Fever above 100.5°F
- Redness around the incisions
- Shortness of breath, chest pain, or dizziness
- Severe nausea or vomiting

Remember: You will experience a rapid improvement in swelling during the first few weeks, but it takes several months for ***all*** of the swelling to go completely away. You will see gradual improvement in the final results for three to four months after surgery.

If you need help or have any questions feel free to call Dr Zimmel with your concerns. Dr. Zimmel is on call 24 hours per day, seven days per week and has an answering service to forward calls.

The quality of your cosmetic enhancement may be compromised if you fail to return for any

scheduled post-op visits, or follow the pre- and post-operative instructions.

Please don't hesitate to report any unusual or concerning changes. Our office number is (804) 423-2100.