

Robert Louton, MD

BLAIR PLASTIC SURGERY

LIPOSCULPTURE - FACT SHEET

1. **DO NOT** sunburn or suntan the surgical area one month prior to procedure.
2. Expect to have drainage from surgery sites 24-48 hours.
3. Pad bed and furniture.
4. Drainage will be pink tinged. This does not represent bleeding but tumescent fluid mixed with body fluids.
5. Take antibiotics and pain medication as prescribed.
6. Wear compression garment for 30 days at all times except when showering. You may shower in 48 hours unless you have foam on your abdomen. **Please wait until foam is removed from your abdomen 5 days post-operatively by the staff before showering.**
7. Surgical sites are closed with absorbable sutures that will not need to be removed.
8. No exertion or lifting for 2 weeks.
9. You may begin gentle walking 1 mile a day after 2 weeks.
10. No exercise for 1 month.

Lidocaine Toxicity: Lidocaine toxicity begins with numbness of the tongue, metallic taste in mouth, lightheadedness, dizziness, ringing in the ear or visual disturbances. If you would experience any of these side effects please notify Dr. Louton immediately.

Signs of Infection

- If wound becomes red, swollen, tender or hot to touch.
- If red streaks are seen coming from the operative area.
- If you develop a fever.
- If the wound breaks open or begins draining.
- If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problems day or night at (814) 949-7280.