

THE FIRST GLANCE

Liposuction to Face

Supplies to have at Home:

- Your Prescription medications (you may get your Prescription prior to surgery or on the day of surgery)
- Gravol
- Stool softener (ie: Restorolax/Lax-a-Day/Senokot) ** Start if no BM for 2 days**
- Reactine (anti-histamine to help with itchiness associated with medications or wound healing)
- Polysporin Triple or Complete Ointment

Prior to your surgery:

Arnica Montana is a herbal supplement that you may be given prior to your surgery to help reduce bruising. If this was provided to you, take 5 tablets three times per day (morning, noon, and night). Ideally, start this 4 days prior to your procedure and you may continue taking after your surgery until signs of bruising diminish.

After your surgery:

Comfort:

Take your medications as directed when needed. If able, try to take Extra Strength Tylenol. Use the stronger pain medication if needed. You may find the pain medications do not eliminate your discomfort 100%, but you will feel more comfortable. Pain medication is intended to reduce the pain to a tolerable level.

Do not take any pills containing Aspirin, Ibuprofen, ASA or Arthritic Medication as they have a blood thinning effect and will increase your risk of complications following your procedure.

You may use cold compresses or ice pack to your face for 10 minutes at a time to help reduce swelling.

Dressings:

Drainage of excess fluid is normal after liposuction for 1-2 days. Wear clothing that you do not mind soiling.

Bruising tends to last about 2 weeks. Swelling can be significant and can take up to 6-8 weeks to subside and up to 6-9 months for the final results to show. Swelling can increase during your menstrual cycle from intra-operative fluid injections.

Recovery varies in individuals. Most individuals feel uncomfortable for the first couple of days and depending on their occupation and extent of the surgery can return to work 1 week post-operatively.

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Remove dressings in 48hrs and apply compression garment. Wear the garment fulltime except when showering for 2 weeks, then for 12 hrs/day for the next 2 weeks. During the second 2 weeks, the garment may be worn fulltime if desired, but does not need to be.

Daily Activities

You may shower after 24 hours. You may be instructed to apply Polysporin once daily to any incisions.

Sleeping/resting with your head elevated will help to decrease swelling, try to do this for at least the first few days and up to 2 weeks.

Light exercise can usually begin 1 week after surgery and more strenuous exercise 3 weeks post-operatively. Remember that it is important to follow an exercise maintenance program to achieve the greatest results from the surgery.

DO NOT sleep with pets in the bed and avoid exposure to smoke to reduce your risk of infection. Smoking will also negatively impact your healing and scar formation.

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

If the clinic is closed (evenings or weekends) or in case of an emergency, please call Dr. Brichacek 204-898-9933

If after 3 attempts you cannot reach Dr Brichacek, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

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Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.