



VISAGE SURGERY CENTER
Oral & Maxillofacial Surgery
Facial Cosmetic Surgery
FAISAL A. QUERESHY, MD, DDS, FACS, INC.
BOARD CERTIFIED • MEDICAL DIRECTOR

**Post-Operative Instructions
Body Liposuction**

PLEASE READ YOUR INSTRUCTIONS CAREFULLY AND CALL WITH ANY QUESTIONS.

INFORMATION FOR LIPOSUCTION SURGERY

You have elected to have body fat reduction surgery (Suction Lipectomy). Dr. Quereshy has explained the operation to you in detail and has answered all your questions. You should recall that problems are infrequent but may include: blood clots under the skin, skin irregularities (i.e. loose skin etc.), infection, numbness, increased sensitivity of the skin, and dizziness during the first week following surgery. If you do not understand any of these potential risks, please discuss them with Dr. Quereshy.

The goal of liposuction surgery, as with any cosmetic surgery, is improvement not perfection. The final result may not be apparent for 3 to 6 months post-operatively. Liposuction is a contouring procedure and is not for the purpose of weight reduction. However, with some patients, especially those who continue to lose weight after the surgery, a touch-up procedure may be needed to achieve the best possible result. There is no guarantee that the expected or anticipated results will be achieved. If touch-up should become necessary Dr. Quereshy will not charge for his time; however, there will be a charge for the supplies and the surgical facility.

Pre and post-operative photos are taken. These are part of your medical records. All routine post-operative visits are included with your surgery.

- 1) Take pain medication as necessary (prescription provided).
- 2) Complete your antibiotics as prescribed.
- 3) Avoid strenuous activity (i.e. work, heavy lifting, athletics, etc.) until Dr. Kennedy has instructed otherwise.
- 4) A compression garment will be given to you to wear at the time of your surgery. This should be worn day and night for 6 weeks or until the doctor instructs you to do otherwise. You may replace the compression garment with strong support hose the last two weeks if desired.
- 5) YOU MUST WEAR THE COMPRESSION GARMENT DAY AND NIGHT FOR 6 DAYS. SPONGE BATHE UP UNTIL THE SIXTH POST-OPERATIVE DAY. AT THAT TIME YOU MAY REMOVE THE COMPRESSION GARMENT TO SHOWER AND TO LAUNDER THE GARMENT, BUT PLEASE REPLACE IMMEDIATELY.
- 6) Avoid tanning beds until bruising completely disappears.
- 7) A TOUCH-UP IS NOT ALWAYS NEEDED. IF YOU AND THE DOCTOR FEEL THAT ONE IS NECESSARY, THERE WILL BE AN ADDITIONAL CHARGE FOR THE SURGICAL FACILITY AND ANESTHESIA. DR. QUERESHY WILL NOT CHARGE FOR HIS TIME. TO AVOID A CHARGE FOR A NEW COMPRESSION GARMENT, PLEASE BRING THE ORIGINAL COMPRESSION GARMENT WITH YOU AT THE TIME OF THE TOUCH-UP PROCEDURE.

POST-OPERATIVE INSTRUCTIONS FOLLOWING TOUCH-UP

Please follow the above directions with the following exceptions: 1) compression garment must be worn day and night for three weeks, 2) you may move the garment on the fourth post-operative day to shower.

MEDICATIONS PAIN RELIEVER: TAKE ONE TABLET WHEN YOU ARRIVE AT HOME. ADDITIONAL TABLETS MAY BE TAKEN EVERY 4-6 HOURS AS NEEDED

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Board Certified American Board of Cosmetic Surgery • Fellow American Academy of Cosmetic Surgery*

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FOR PAIN RELIEF. **CAUTION:** DO NOT DRIVE OR OPERATE MACHINERY WHILE TAKING PAIN RELIEVERS. TAKE WITH FOOD or liquid to avoid nausea.

SLEEP MEDICATIONS: IF PRESCRIBED, TAKE ONE TABLET 30-45 MINUTES PRIOR TO BEDTIME.

ANTIBIOTICS: IF PRESCRIBED, TAKE THEM AS INDICATED ON THE BOTTLE AND COMPLETE THE FULL COURSE OF PILLS UNTIL FINISHED.

ASPIRIN: AVOID TAKING ASPIRIN OR ASPIRIN CONTAINING COMPOUNDS DURING YOUR FIRST WEEK AFTER SURGERY.

ANTI-SWELLING: (DEXAMETHASONE) IF PRESCRIBED, TAKE ONE TABLET WHEN YOU ARRIVE HOME, AND THEN AGAIN THE FIRST EVENING. THE REMAINING TABLETS SHOULD BE TAKEN OVER THE NEXT TWO DAYS. THESE WILL HELP TO REDUCE THE AMOUNT OF LOCAL swelling.

PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE:

- A. SUDDEN OR EXCESSIVE BLEEDING, SWELLING, OR BRUISING.
- B. ANY ITCHING, RASH OR REACTION TO MEDICATIONS.
- C. FEVER, TEMPERATURE OVER 100 DEGREES (TAKEN ORALLY).
- D. DISCHARGE FROM THE INCISION(S) (OTHER THAN BLOOD).
- E. ANY INJURY TO THE FACE.

You May Experience Any or All of the Following:

- A. SWELLING – FOLLOWING SURGERY, SWELLING IS A NORMAL BODY RESPONSE. IT USUALLY PEAKS 48 TO 72 HOURS AFTER SURGERY AND SLOWLY RESOLVES DURING THE NEXT 1 TO 2 WEEKS. SLIGHT AMOUNTS OF SWELLING MAY PERSIST FOR UP TO 8 WEEKS.
- B. SKIN BRUISING – THIS BECOMES MORE OBVIOUS IN THE SECOND AND THIRD POST OPERATIVE DAY.
- C. SCARS – AFTER YOUR STITCHES ARE REMOVED, THE INCISION AREAS WILL BE PINK OR RED COLOR. WITH TIME, THIS FADES AND BECOMES LESS NOTICEABLE, WHICH USUALLY TAKES SEVERAL MONTHS TO A YEAR TO OCCUR.
- D. SKIN NUMBNESS, TINGLING, AND/OR BURNING SENSATIONS – AS THE SKIN STARTS TO HEAL, THE LITTLE NERVE ENDINGS IN THE SKIN ARE REPAIRING THEMSELVES. AS A RESULT, VARIOUS SYMPTOMS MAY BE FELT. DO NOT BE ALARMED AS THESE SYMPTOMS ARE TEMPORARY AND USUALLY SPONTANEOUSLY RESOLVE OVER THE FIRST 1 TO 2 WEEKS.

FAITHFUL ADHERENCE TO PRE-OPERATIVE AND POST-OPERATIVE INSTRUCTIONS WILL HELP TO MINIMIZE SWELLING, PAIN AND DISCOMFORT. IF YOU DO HAVE ANY PROBLEMS, PLEASE DO NOT HESITATE TO CONTACT ME FOR ASSISTANCE. (330.721.2323).

I have received/read and understand the importance of following the above instructions.

SIGNED: _____ **DATE:** _____

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