

## POST OP INDICATIONS LIPOSUCTION/LIPOSUCTION HD DR. RAUL LOPEZ CERTIFIED PLASTIC SURGEON

### GENERAL CARE:

- The first few days when walking and going to the bathroom, staying with a family member,
- if you need to climb stairs you can do it with the help of someone
- It is recommended when bathing to have a plastic chair to use in case you feel weak.
- If you become unconscious, lay on your side. Once you fully regain consciousness, you can have a few drinks of Gatorade/ coca cola/ or any beverage with sugar and electrolytes to keep you hydrated.
- You can bathe 24 hours after your surgery
- Do not exercise and / or physical effort during the first 4 weeks.
- Avoid sexual intercourse the first week.
- DO NOT SMOKE for at least 2 weeks after the operation.
- Avoid alcoholic beverages while taking the antibiotic.
- It is normal for there to be some drainage, so it is recommended that you put a sheet protector or towels on your mattress or car seat before leaving the clinic.

### [Items to purchase before or after liposuction surgery](#)

- Arnica Tea and / or Arnica Capsules: It is recommended that you take Arnica tea 5 days before your surgery and / or take Arnica SinEcch capsules 1 day before surgery and after. **You can buy it in our office the day before or of your surgery.** Arnica is an herbal supplement that serves as an aid in the treatment of inflammation or bruising. (Arnica capsules (14 in a box)
- Compression stockings: We will provide you with 1 pair of compression stockings immediately after surgery. Please plan to purchase an additional pair at Target in the event that your socks become soiled or are uncomfortable. They will need to be worn for 5 days postoperatively. If you are traveling, we recommend you wear these garments during your travel.
- Post Lipo Faja (Optional)- We will provide you with 1 a post lipo faja after surgery (stage 1 faja). **You can purchase an additional faja in our office to have an additional FAJA while the other is soiled..** We manufacture our own FAJAS.It is recommended you purchase these after surgery to have your ideal size.
- Stool softener -It is fairly common to get constipated with medications after surgery, we recommend you use a mild laxative. You can purchase;Ducolax, Miralax, Metamucil, or Peri-Colace or a mild laxative of your preference. These should be started the day after surgery.
- Oral Thermometer -It is important to monitor your temperature after surgery in the event that you feel "feverish" or hot. You have a fever if you have a temperature above 101.5.
- Lipo Gel (optional) - Lipo Gel is recommended to aid bruising and swelling, **you can purchase this product in our office.** To aid swelling you can also take herbal supplements with Arnica (Arnica tea) and use them for 2 weeks after surgery.

#### BATH AND GENERAL CARE:

- The first days when walking and going to the bathroom, staying with a relative, if you need to climb stairs you can do it with someone's help, it is recommended when bathing to have a plastic chair to use in case of feeling weak.
- A shower bath is recommended, the wound should be discovered during the bath. and washed with soap and water and covered with gauze until secretion stops coming out. After bathing, put the girdle back on.
- If the patient feels like fainting or is unconscious, keep the patient lying on their side. Once he/she regains consciousness, they can take a few drinks or Gatorade/ coca cola/ or any beverage with sugar or electrolytes to keep you hydrated.
- If you have purchased a "LIPO GEL" we advise you apply in surgically treated areas (avoid applying in incision) after bathing. You may lay down without wearing your "FAJA" for 30 minutes until the gel dries. Applying the gel after surgery will help reduce inflammation and relax. Afterward you may wear your "FAJA".

#### REST

It is recommended to stay most of the time in bed rest, during the first week, however it is very important to move out of bed several times a day to eat, walk a little, and go to the bathroom, when walking you should lean a little forward.

- During rest, perform isometric exercises (contracting and relaxing calf musculature), to promote circulation.

#### FOOD

- Avoid junk food and eat 3 times a day (you can eat fruit between meals).
- A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
- Drink plenty of fluids, It is important that you remain hydrated since surgery can deplete your body of water. At least 2 liters of water a day is encouraged.
- If you suffer from constipation, we recommend foods rich in fiber (prune, All Bran or Metamucil) or take a mild laxative.
- Do Not eat spicy food
- DO NOT EAT IN EXCESS

#### MEDICATIONS

- Take the antibiotic and analgesic as indicated in the prescription.
- In case it is necessary to also take TYLENOL 500 mg every / 6hrs.
- Do not take aspirin (or products containing aspirin)for 2 weeks after surgery. Also do not begin herbal supplements until 2 weeks after surgery. o Arnika and Vitamin C are okay to take.
- Appetite suppressants should not be taken until 6 weeks after surgery as these supplements increase heart rate and blood pressure and can interfere with your recovery.
- DO NOT TAKE ASPIRIN.

## POSITIONING:

If you have had liposuction of your calves, ankles, or arms, you will notice that your feet and/or hands will become quite swollen the first few weeks following surgery. To aid with the swelling, it is highly encouraged that you attempt to elevate your legs and/or arms whenever sitting or lying in bed.

### For leg liposuction:

- If sitting on a sofa or bed, you can rest your legs on an ottoman or chair directly in front of you.
- If on a bed, rest your legs against the backboard or place pillows below your legs and knees to slightly elevate your legs.

### For arm liposuction:

- When sitting or lying down, place pillows under each arm in order to elevate your arms.

### Butt augmentation with fat transfer (BBL) Care (if applicable)

- when sitting you should do it right in position of 90 °,
- do not sit leaning on the top of the buttocks, nor bend forward and you should lie down alternating both sides avoiding lying on the buttocks and abdomen.



### FAJA/COMPRESSION GARMENTS

- You will be wearing FAJA/compression garments for a minimum of 6 weeks. One stage 1 Faja (provided after surgery) for 3 weeks and a stage 2 Faja/ compression garment after the 3rd week for 3 additional weeks.
- Patients will be responsible for purchasing an additional Stage 1 Faja and the Stage 2 Faja.
- Wear the post op stage 1 FAJA (compression garment) we provide you for at least 3 weeks 24/7.
- Make sure the "FAJA" is not too tight, you must be able to breath but it should also make compression and feel a bit tight. Too much compression can prolong swelling and edema.
- Please keep in mind the first 3 days, your body will be swollen, therefore the faja must still make compression so that once the inflammation goes down, it is still making compression.
- If the zippers of you "FAJA" are causing discomfort, you may apply a small piece of gauze or foam to prevent the zipper from leaving any marks.
- For patients with High Definition liposuction, a piece of Reston foam may be applied in the midline of the abdomen, leaving this piece of foam for 2 weeks or while wearing your stage 1 FAJA we provided.
- After your first shower, you may use Lipo Gel in the bruised areas without wearing the faja laying on your side for 20-30 minutes. Afterwards put back on your faja. We recommend you clean or use your second FAJA (available at our office) in case the first one is spoiled.

### ARM LIPOSUCTION

- If arm liposuction is performed, an arm sleeve compression garment will be provided after surgery and should be worn for 2 weeks. A stage 2 arm compression garment is not necessary after 2 weeks for arm liposuction. However, if arms present swelling, the garments can be worn from 3-6 additional weeks.

#### Stage 2 FAJA/ COMPRESSION GARMENTS

- After week 3 you may wear your stage 2 faja, wear a more comfortable compression garment or SPANX garment for a total of 3 more weeks.
- Stage 2 Faja is a more comfortable garment and sometimes made of a thinner material
- You may wear normal clothes on top of your compression garments. Prevent tight clothes.
- Oftentimes patients like to wear a muscle shirt or kami under the white compression binder provided to prevent rashes or itchy skin.
- Compression Garments should cover the treated areas.

#### Stage 3/ Additional and Optional Garments

The amount of time wearing a compression garment depends on the patients swelling and preference. Additionally after 8 weeks, patients can wear a stage 3 compression garment for comfort and to reduce swelling. These garments can be worn from week 7 to 12. You may also use your stage 2 Faja as your Stage 3.

Where to buy:

Abdomen,flanks, thigh, Arm Liposuction

Stage 1

- The following Stage 1 Fajas can be purchased at our clinic as a additional piece (as we will provide 1 Faja or Arm compression garment if needed) for \$140/FAJA
- You can also find compression garments at a convenient store or amazon by using google and typing "Stage 1 Liposuction Faja"
- If calf lipo is performed, purchase a garment that goes all the way down to the ankle.
- If Arm Liposuction is performed, purchase a garment that covers the arms

			
Stage 1 Legs/Abdomen/Flanks	Stage 1 Calfs/Legs/Abdomen/Flanks	Stage 1 Abdomen/Flanks	Stage 1 Arms

Stage 2

- Purchase A spanx or compression garment at a convenient store, amazon, or spanx website
- You may also find some at <https://marena.com/collections/womens-liposuction-step-2>
- Also at [www.Spanx.com](http://www.Spanx.com)

			
Stage 2 Legs/Abdomen/Flanks	Stage 2 Calfs/Legs/Abdomen/Flanks	Stage 2 Abdomen/Flanks	

Stage 3 (Optional)

- Spanx Garmens can be worn
- If Spanx garment or similar is purchased, you may wear this as your Stage 3 Faja

## Liposuction and Brazilian Butt Lift

If a BBL was performed you may find some using Google by typing in "compression garment for Brazilian Butt lift"

Also to following garments can be worn as Stage 2 and 3( More information on BBL Fajas and Care on BBL Post Surgery Indications)

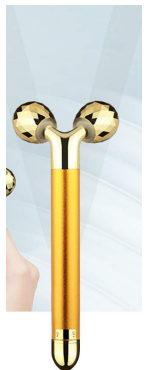
<https://marena.com/collections/brazilian-butt-lift-step-3>

### What to Expect:

- The body retains fluids in response to surgery so do not expect to see any immediate weight loss for the first 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than a decrease in pounds.
- In case a Butt and Hip augmentation was performed, your buttox will be swollen about a 30% decrease swelling/volume may occur.
- Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3 - 4 weeks afterwards.
- The bruises will move down your body as they are absorbed. This may cause your lower abdomen, pubis, or genital areas more swelling and bruising.
- Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin.
- It is normal to have an itching sensation and/or numbness following surgery in the areas that underwent liposuction. This will gradually subside over the next 2-3 months. .
- It takes **3 – 6 months for final results** to come in. In the interim, you may notice asymmetry and swelling. Be patient and trust the healing process!
- A burning sensation (raw, sensitive) or sharp shooting pains along the surgical site and incision line is normal and indicative of nerve regeneration. These "neuralgias" will burn out by 9 months.
- You may also notice small or feel bumps in certain areas, "fibrosis" is caused by the cannula's friction with the tissues during liposuction, it is normal and will gradually decrease. Post op massages will also help reduce these "bumps".
- Numbness is expected to resolve by 9 months on average.
- Constipation, this is due to the medication, therefore we advise a stool softener or laxative. Start with a mild laxative and if needed a stronger laxative.

### Under chin Liposuction

- When an under chin liposuction is performed, "fibrosis" swelling and numbness is normal
- When pain is minimal, you may start massaging this area on your own to help reduce the small "bumps".
- You may massage on your own with your 2 thumbs applying compression in circular motion. Keep us updated on your healing process.
- You may also purchase a small vibrating massage roller to massage this area. Example image shown right>>>



### Recovery Time

The surgery duration is 2 to 4 hours

time discharged less than 24 hours after surgery

Time to recover (patient must rest but move, walk every hour) 3-5 days

Time to go back to work (office job) 5-7 days after surgery

Time to lift more than 10 pounds- 1 weeks after surgery

Time to start light exercises- 3-4 weeks after surgery

Time to start intensive exercises- 6 weeks after surgery

### SCAR TREATMENT:

For scar therapy we advise using KitosCell. This bioemulator controls the cicatrization process in a cellular level by preventing or reverting the effects of a scar. It increases hydration and helps control collagen buildup. This will help reduce scar redness, scar itching and scar pain.

- You may apply KitosCell-Q in open wounds because it contains actives which prevent or attack contamination or microorganism infections.
- We recommend the use of Kitoscell twice daily for 2 - 4 months after the surgery.
- To apply KitosCell, please clean the area with soap and abundant water.
- Contact us if you wish to purchase or for more information on scar treatment

### MASSAGES/ ENDERMOLOGIE/LYMPHATIC/SELF CARE

#### MASSAGE PACKAGES (ENDERMOLOGIE)

After 2 and a half weeks or 3 weeks start Endermologie twice a week or lymphatic massages.

\*\* Treatments (are optional, but they are recommended to improve recovery time and reduce cellulite).

Endermologie® stimulates the skin and softens the tissue to make them less fibrous. The stimulation helps to release fat, activate blood and lymphatic circulation, firm and tone the skin.

In Laser Clinic we offer endermologie packages. This package includes 10 massages (2 per week, 35 minutes each). The total cost is \$440 USD. Additionally, before your first massage, you may purchase a body in the clinic for \$40 USD. [Contact us for more information on Endermologie.](#)

A lymphatic massage therapist is another option

Prices vary based on treatment location and duration of massage therapy. Suggested therapy is 2 – 3 times per week for 3 – 4 weeks. This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with liposuction.

## POST-OP EMOTIONAL STAGES:

It is typical for patients to go through "ups and downs" after the medical procedure. Stress, medications, and/or psychological factors may in some cases bring negative post operative feelings. This regularly settles after a few weeks, support and companionship from a friend, partner, or family member is always beneficial during this process.

It is helpful to understand the different stages of emotional "ups and downs" you may or may not go through, this helps patients keep calm and get through this emotional process faster:

### o Phase 1: Feeling Out of It

Some of the side effects of pain medications and antibiotics is dizziness, tiredness or feeling disoriented or emotional. Also, swelling and discomfort is severe the first few days after the surgery. In some cases the highest swelling point is on the third day after surgery. This is normal. Some areas of discomfort include the lower abdomen region or pubic area.

### o Phase 2: Mixed Feelings

After the surgery, patients are adjusting to the new changes in their appearance with much anticipation. The bruising, swelling, and other possible side effects may distort the patient's results, hiding the final outcome. Mood changes, mixed feelings, worry and depression are common emotions a patient can feel. Patients may even regret going through the surgery.

### o Phase 3: Being too critical

By the second week, patients will probably feel a lot better. The swelling and muscle spasms will start to decrease and sutures will be taken off. Patients are now looking forward to experiencing the results they were hoping for since the beginning. They start to look critically at their new body, feeling worried about if it looks symmetrical, the scars, and more. This is too soon to tell and most concerns are resolved with time.

### o Phase 4: Being Satisfied!

About 3 – 6 months after the surgery, patients may probably start liking their new look and may feel much better. They may be looking forward to checking out some bathing suits or outfits to show off their new figure.





## FOLLOW UP APPOINTMENTS

<b>Post Op Revisions</b>
7 Days after surgery- First revision, partial stitches will be removed (possibly all stitches)
3 weeks after surgery- Start endermologie twice a week
1 Month after surgery – Second revision- evaluation of results and addressing of any issues
<b>Additional follow ups will be scheduled and indicated by Dr. Lopez, either physical or via video calls</b>

It is important to be seen by Dr. Lopez after your initial post-op revisions and follow ups

- If you are from out-of-town and cannot see Dr. Lopez at the recommended frequency, then it is strongly advised that you let your doctor know for further specifications.
- Call to schedule your appointments at +52 (899) 9225563 between the hours of 9:00 AM and 3:00 PM the day Dr. Lopez indicates.
- Keep us updated via WhatsApp or call our office if you have any questions. You may also send us pictures of your progress after your revisions.

### KEEP UP UPDATED WITH YOUR RESULTS!

We are always glad to hear from our patients and see their results! Please keep us updated with photos and anything you would like to share with us. We are glad to see you and keep you satisfied along your journey.

## EMERGENCY CONTACTS

**Warn in case of fever, vomiting or loss of consciousness, have a fever above 101.5 or any doubt to the following telephones:**

Please **CALL** Dr. Lopez

USA DIAL CEL: (011521) 8999362500 Dr. Raul Lopez

USA CEL: (956)4911400 Dr. Lopez

USA CLINIC: (01152) 8999225563

MEX CEL: (044) 8999362500

MEX CLINIC: 8999225563

Office CONTACT

WhatsApp Office: 8991061060