Dr. Danielle Andry

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Dr. Andry/Dr. Wijay Post-Operative Liposuction Regimen: (After surgery)

* You will be placed in an abdominal binder or a garment post operatively.
* You may have some drain tubes present that your nurse will teach you to use in the post-operative area. It is important that you keep a record of the fluid that has accumulated and that you empty the drains when they are half full or at least twice daily. Bring the record of recorded fluid to your appointment so that your doctor can determine when they are ready to be removed.
* You will either have surgical tape or surgical glue on your incision. Leave these on until they fall off or until your doctor removes them. Do not peel these off as the tape helps with wound healing and improves your scar in the future. Peeling this off too early can cause breaks in your skin or increased scarring.
* After surgery, take the following medications:
	+ Celebrex 100 mg twice a day
	+ Tylenol 1,000 mg twice a day
	+ Antibiotic as prescribed
	+ Anti-nausea medication when/if needed
	+ Tramadol when/if needed as prescribed
	+ (optional) Valium for muscle spasm
* The evening of surgery, you should walk around the house or hospital room if you are staying overnight. It is extremely important that you start moving as soon as possible to help prevent any blood clots and speed the recovery process.
* If you have any additional liposuction holes, it is normal to have watery, blood tinged drainage from these sites. These sites are commonly left open to allow for this drainage and is fluid that was injected during the procedure to assist with fat removal. Super or heavy sanitary napkins are very helpful in helping to absorb this excess fluid. Make sure to change sanitary napkins regularly over the first few days.
* It is best to start with a light diet, and slowly progress to a regular diet. Be sure to get a lot of protein during the healing process. Make sure to have something on your stomach prior to taking any pain medications. Be sure to drink plenty of water during your recovery process.
* You can shower 2 days after surgery. Make sure you have someone to assist you getting into and out of the shower. Do not scrub areas. Simply let soap and water run over the areas. Do not submerge any incisions in baths, pools, or any other body of water or let drain tubes hang down in the shower.
* Wear your compression garment for at least the first 4 weeks. You can switch to a lighter compression garment when instructed by your doctor. It is important to keep the garment pulled all the way up to avoid any creases or pressure that can negatively impact your result. You may take the garment off to shower or to wash the garment. The garment should not be placed in the dryer, but allowed to air dry.
* For the first few days, keep your head elevated 30-45 degrees (2-3 pillows) and your knees flexed to take tension off your incision and abdominal repair. Do not cross your legs as this increases your risk of developing a blood clot.
* No heavy lifting > 10 lbs for 6 weeks. No strenuous activity that gets heart rate up for 4 weeks.
* All incisions are very sensitive to sunlight while healing. Direct contact with the sun or tanning booths can cause a darkened, unsightly scar. You should apply sunscreen with an SPF of 30 and zinc oxide for at least the first 6 months, even if scar is under a bathing suit.
* 2-3 weeks after surgery, you can begin applying a scar cream. It is important to use this cream religiously for the first 6 months to maximize wound healing and scar maturation.
* Please contact our team if you have sudden increase in bruising or swelling, persistent redness surrounding the incision, severe or increased pain not relieved by medication, any side effects related to medication such as rash, nausea or vomiting, temperature >101.5, yellowish or greenish drainage from drainage tubes, continuous bleeding from the incisions.
* If you have any questions whatsoever, please contact (call or text) Dr. Andry, Dr. Wijay, or their patient care coordinator, Mavi. Our team is happy to answer any question, no matter how big or small to ensure you are taken care of and have the most enjoyable experience possible.