

**ROD J. ROHRICH, M.D.**  
**PLASTIC SURGERY**

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**LIPOSUCTION**  
**AFTER CARE INSTRUCTIONS**

**AT HOME AFTER SURGERY:**

- After surgery, it is important for you to have someone available to stay with you for the first 24-28 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
- It is important to be walking early and frequently, move your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk for blood clots.
- Please take deep breaths frequently to keep your lungs clear (15-20 per time.)
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
- Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. The pain medication and muscle relaxant we have prescribed should relieve your discomfort. You may take the pain medication every 3-4 hours as needed for the first 2-3 days after the surgery for pain and/or discomfort. You may take the Xanax every 8 hours for the first 24/48 hours for anxiety. It is best to take pain medication with crackers, jello, etc. Do not drink alcohol while taking pain medication.
- It is important to refrain from any strenuous activities for 3 weeks after surgery. Keep the heart rate below 100 beats per minute. Gradually work to pre-surgical activities beginning slowly at the 2<sup>nd</sup> week.
- The girdle must be worn AT ALL TIMES for TWO WEEKS. You may remove the girdle beginning on the 3<sup>rd</sup> day before showering. Be sure that someone helps you remove the girdle the first time you take it off. Some people feel dizziness/light headed when the girdle comes off. This is normal. Sit or lay down for about 20 minutes BEFORE you shower.
- You can put the girdle in the washer and dryer while you are showering and then put it back on in 1-2 hours. You then wear the girdle at night for two weeks. Many patients continue to wear the garment for comfort. If you wish, you may purchase a full length Lycra girdle without zippers at a department store to wear for comfort.
- 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.
- Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months afterwards. The bruises will move down your body as they are absorbed.

**LIPOSUCTION**  
**AFTER CARE INSTRUCTIONS (continued)**

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- Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. Massage can begin 2 weeks after surgery. Request a Swedish lymphatic massage therapist.
- 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.

**GENERAL INFORMATION**

- Avoid strenuous activity and lifting of objects heavier than 10 lbs for 3 weeks (keep heart rate less than 100 beats per minute.)
- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater (with both UVA and UVB protection) for at least 6 months.
- Please take all medication carefully and as directed.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications please call my office.
- If you develop a fever (oral temperature great than 101°), redness, or increased pain at the surgical incisions, please call immediately.
- Some of my patients wear their compression garment for longer than 2 weeks and then wear a compression girdle with extra-support pantyhose thereafter.

**MASSAGE THERAPY**

Massage therapy can be beneficial following liposuction surgery beginning 3-4 weeks after the procedure. The following names are therapists Dr. Rohrich recommends for this optional therapy. You can call them directly to set up an appointment if you so desire.

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. We also recommend circular massages with vitamin E oil and external ultrasound heat therapy as needed.

<u>Name</u>	<u>Phone</u>	<u>Rates</u>	
Miranda Johnson.....	214-645-2353.....	<u>Swedish Massage</u>	<u>Deep Tissue Massage</u>
		60 minutes \$95	60 minutes \$110
		90 minutes \$145	90 minutes \$160

## **LIPOSUCTION**

### **AFTER CARE INSTRUCTIONS (continued)**

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It is important to be seen by Dr. Rohrich after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months and 1 year post-op. Call to schedule your appointments at UT Southwestern Medical Center office at 214-645-2353 or Dallas Plastic Surgery Institute at 214-821-9114 between the hours of 8:30 – 5:00.

### **IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH**

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870  
Dr. Rohrich's email: [rod.rohrich@utsouthwestern.edu](mailto:rod.rohrich@utsouthwestern.edu)  
Dr. Rohrich's website: [www.drrohrich.com](http://www.drrohrich.com)

Dallas Plastic Surgery Institute  
9101 N. Center Expressway, Suite 600  
Dallas, TX 75231  
214-821-9114  
Contact: Marsha Kashata

UT Southwestern Medical Center at Dallas  
Outpatient Building  
1801 Inwood Road  
Dallas, TX 75390-9132  
214-645-3119  
Contact: Holly Clark