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POST-OPERATIVE LIPOSUCTION INSTRUCTIONS

- On the day of surgery get as comfortable as possible. You must get up and walk periodically, such as to and from the bathroom, kitchen, etc. This is to help with adequate circulation.
- The pain medication may cause nausea. Eat/drink well to coat your stomach before taking it. If you experience mild itching, you may take Benadryl as directed. However, if you begin noticing a rash, call the office ASAP or go to the emergency room because you may be having an allergic reaction to the medication.
- You may experience some bruising, swelling, and numbness. This normal and will resolve over time.
- You are to wear a compression garment continuously for at least 4 weeks or until otherwise advised. You may need more than one garment. Compression is important to obtain optimal results.
- We will follow up with you the day after surgery and then schedule an appointment to be seen 3-5 days after surgery.
- Avoid physical exertion activities that cause sweating, an increased heart rate, lifting over 10 pounds, etc. for the first two weeks. You may slowly begin physical activities that do not cause pain after two weeks.
- You may call the office phone number after hours with questions or concerns. If you need immediate medical attention, call 911 or proceed to the nearest emergency room.

I hereby acknowledge receipt of post procedure instructions. I have read them and understand them.

Signature: _____ Date: _____