**IN OFFICE LIPOSUCTION**

Liposuction involves removal of stubborn fat deposits that resist diet and exercise through a small tube to provide a sleeker silhouette. This is not a substitute for weight reduction. The most common areas treated in office are the chin or neck, and the outer thighs. Other areas may require a general anesthetic.

**What to expect during the procedure:**

* Arrive at the office 30 minutes prior to your surgery. At this time, you may take your prescribed Ativan. Preoperative photos will be taken. You will be brought into our in-office procedure room and Dr. Husain will mark the surgical area. At this time, you may discuss any questions that you may have. A small amount of local anesthetic will be injected into the area for initial freezing.
* Dr. Husain will then inject a solution into the marked area that will numb it further and prepare it for liposuction. Next, he will make a tiny incision near the targeted areas and insert a hollow, stainless steel tube called a cannula into the fat. He will then move the cannula back and forth to break up the fat cells and suction them out of the body. A small suture will then be placed in the incision.

**What to expect after the procedure:**

* If you took the prescribed Ativan you will need a friend or family member to drive you home from the office.
* You will experience some swelling and bruising that will peak at 2-3 weeks after your liposuction, and usually subsides within 6 weeks. Post-operative swelling, pain, bruising and duration may differ, depending on the patient and the extent of the liposuction performed. Results will improve over a period of 6-12 weeks.
* Most client find the discomfort afterwards minimal and can be managed with Tylenol Extra Strength if needed. Avoid Advil (Ibuprofen) and Aspirin as they are blood thinners.
* You will have small sutures that will be removed 1 week after the surgery at your follow up appointment with our nurse Alisha.
* A compression garment will be applied to minimize swelling and you should wear this as often as possible for three weeks.
* See **INSTRUCTIONS FOR PATIENTS AFTER LIPOSUCTION SURGERY** information page for all post-surgery information.

**INSTRUCTIONS FOR PATIENTS AFTER LIPOSUCTION**

**WOUND CARE**

* After your surgery you will have a piece of tape called a Steri Strip over the incision and a piece of gauze overtop. Leave the gauze on until the following morning to absorb the small amount of expected drainage.
* Expect to have some swelling, bruising and discomfort after the surgery. Swelling will dissipate over the next 2-3 weeks, bruising may last 1-2 weeks.
* You can take showers the next day. Use your usual soap/shampoo. Avoid rubbing over the incision.
* Wear your pressure garment for 2 weeks to minimize swelling and reduce the chance of fluid collection under the skin. It should be snug, but not so tight that it is uncomfortable. Wear 24/7 for first week and as often as possible for following week.
* Be very careful with the use of ice after surgery as the skin will not have normal sensation and you may inadvertently burn your skin.
* USE OF ICE- using ice to help with swelling is not required but if you wish to do so use caution. Do not apply ice directly to the skin, wrap ice pack in a face cloth or towel. Apply ice for 10-20 minutes every couple of hours for the first 2 days after surgery. Do not leave ice on area for long periods of time or fall asleep with the ice pack applied.

**MEDICATIONS**

* Take pain medication as directed by your doctor:
* If pain is mild you may take extra strength Tylenol as needed.
* Do not take products containing Ibuprofen ( Advil, Aleve, Motrin, Aspirin) in place of pain medication.
* If you have stopped medication before your surgery (aspirin, anti-inflammatory drugs, Coumadin, herbal medication, etc.), they can be restarted 1 week after surgery, provided there is no bleeding from your incision.

**ACTIVITY**

* Avoid straining, doing any heavy work or lifting anything heavier then 5lbs for 2 weeks post surgery.
* You can do light activities, like driving, going for walks, etc. any time after surgery.
* Keep your head elevated as much as possible. Lying flat may increase swelling. Sitting up, walking or resting with your head elevated is recommended.
* Sleep with your head elevated on 3-4 pillows for first week to reduce amount of swelling.

**CALL THE OFFICE**

* You will have a 1 week appointment where your stitch will be removed. You will have a follow up appointment with Dr. Husian at 6 weeks from your surgery date.
* If you have an urgent problem before this appointment, go to the emergency room.
* If the problem is less urgent, call our office. For example:
* Your medications do not control pain;
* You are worried about the healing of your incisions;