PLASTIC & COSMETIC
CENTER OF SOUTH TEXAS
Thomas T. Jeneby, M.D.
7272 Wurzbach, Unit 801
San Antonio, TX 78240
Office (210)270-8595
Fax (210)270-8988

## Post Op Instructions Following Liposuction/Smart Lipo

1. The anesthesia will you make you weak.
2. Do not drive a vehicle while taking any form of pain medications
3. No driving for 4-5 days post op
4. You may begin non-strenuous work 5 days post op
5. You may return to strenuous work 10 days to 2 weeks post-op
6. Continue to take your vitamins as directed.
7. The incision will leak, this is normal. Reinforce with sterile 4x4's
8. Do not take any other pain medications, sleep medications nor anxiety medications unless directed with Dr. Jeneby
9. Drink 4-8 glasses of water per day to help clear the melted fat. Propel is carb conscious (better than Gatorade)
10. Take antibiotics at 8pm and 8am everyday (start tonight) and maintain for 5 days
11. Wear your compression garment at least two weeks non-stop and then for 6 more weeks at night. For BEST RESULTS wear your garment non-stop for 8-12 weeks starting at approximately week post-op. We do not give you a garment immediately due to high amount of swelling. You may purchase a garment…
12. Change dressings as often as needed for the first 3-7 days. Drainage should stop within 72-96 hours.
13. Maintain or lose weight in a calculated exercise program. Do not starve yourself: This makes your body's Basal Metabolic Rate slow down and makes you conserve fat. Dr Jeneby has asked that you lose anywhere from 10-30% of your body weight to achieve better results.
14. Do not drink excessive amounts of alcohol. 1 glass of wine per day with two glasses of water.
15. Do not get discouraged! The results take time. Dr. Jeneby does not believe in touch ups for at least 6 months as you are still undergoing "remodeling" or skin tightening.
16. You will see your PRC at 6 weeks and you will see Dr. Jeneby at 6 months, pictures and weigh-ins will be taken at each visit.
17. If you gain weight you will not see as good results. Dr. Jeneby will weigh you on your visits. If you are bodybuilding or are in a directed, supervised weight training program then weight gain may be tolerated.
18. Do no shower the day of the procedure-wait until the next day. NO MOTRIN, ASPIRIN OR NSAIDS for 4 weeks.
19. Keep your garment on at all times for weeks starting at approximately 1 week. Wash compression garment in cold water-air dry or low tumble.