After surgery, it is important to have someone available to stay with you for the first 24 hours. You may be weak and drowsy and require help the first few times you get out of bed.

2. While in bed, keep your legs elevated to 30 degrees (1-2 pillows) and your knees flexed. Move your legs and flex/extend your ankles several times per hour. Do not cross your legs, as this increases the risk for blood clots.

3. It is very important to get out of bed (with assistance) as early and often as possible after your surgery to prevent postoperative problems. While the goal is to move about, even getting out of bed and into a chair will be beneficial. Attempt to walk 15-20 minutes 6 times per day.

4. Please take frequent deep breaths to keep your lungs clear (15-20 per hour).

5. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day. Over the next 6 weeks, a high protein diet will benefit your recovery. Daily protein supplementation with pre-made shakes (eg. Boost, Muscle Milk) or soluble powder (whey, soy etc.) from a nutrition store is recommended.

6. Please take the pain medication as directed for the first 2-3 days after surgery. It is not uncommon for you to need it every 3-4 hours. Take it with crackers, Jell-O, etc. After this time, take the pain medication only if you have pain. If the prescription pain medication is too strong for your pain needs, over the counter ibuprofen (400-800 mg every 6-8 hours) can be substituted. In addition, you may be given an anti-anxiety/muscle relaxant medication that you may take as well to prevent aggravation of the pain cycle.

7. External sutures at the liposuction access sites will dissolve and fall out on their own over the first two weeks.

8. It is normal to experience a pink fluid discharge from the liposuction access sites for a couple days after the procedure. This is mostly excess fluid introduced as part of the liposuction procedure. Drainage may increase as you become more mobile and stand for longer periods of time.

9. After surgery you will have a special abdominal dressing placed over the etching sites. This dressing is held in place by the compression garments and white foam padding. To achieve your best results, the compression garment must not be removed for five days. On the 5th day after surgery, you may remove the compression garments and foam padding to expose the abdominal etching dressing. While in the shower, get the dressing
wet, peel it off and discard all the tape and tubing. Be sure someone is with you to help, as it is not uncommon to feel dizzy or lightheaded while standing for prolonged periods of time. Sit or lie down 20 minutes prior to showering.

After your first shower with removal of the abdominal tape and tubing, replace the white foam and compression garments exactly as they were placed. The compression garments will continue to be worn AT ALL TIMES for 3 weeks.

10. Continue to wear the compression garment during heavy activity and at night beginning the 4th week after surgery. If you wish, a short sleeve Lycra shirt without zippers (e.g. Under Armour) may be purchased at a department store and substituted for the compression garment.

11. **DO NOT SMOKE** or ingest any nicotine containing products. This is very important for optimal wound healing.

12. You may gradually resume basic daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Keeping your metabolism boosted will enhance your results; therefore, exercise of any type is encouraged as soon as you feel ready. Start with low impact and/or light exercise as your body allows. In general, strenuous activities and exercises are to be avoided until 2-3 weeks after surgery.

13. Prolonged soaking of the incision sites in a bathtub, hot tub, swimming pool or other body of water should be avoided for 6 weeks to allow proper healing to occur.

14. Driving may be resumed when you are not taking prescription pain medication and a sharp turn of the steering wheel (defensive driving) will not cause pain; this is usually within 5-7 days.

15. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided. Use of a clinical grade sunscreen with SPF 30 and zinc oxide (UVA and UVB protection) is recommended for at least 6 months.

16. Beginning at 1 week after surgery, Dr. Beck recommends application of a hyaluronic acid based serum and vitamin C cream to the incisions to promote early softening and maturation of these scars. These products should be used daily for 6 months after surgery. For simplicity, our office carries Dr. Beck's preferred brand of both.

**WHAT TO EXPECT AFTER SURGERY**

Most people experience muscle soreness (similar to the day after a strenuous workout) as opposed to sharp pains for about 7 days after surgery. In addition, sensations like numbness, itching and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

Bruising and swelling are to be expected. Slight bruising can be apparent for as long as 1 month afterwards. Due to the body fluid drainage pattern, **bruising and swelling in the**
**genitals is very common.** Urinary and sexual function will not be affected. Swelling can be minimized by wearing tighter undergarments (tighty whites).

The body retains fluid in response to surgery so the final results will not be immediately apparent. You may actually weigh slightly more right after surgery. In addition, you may find that your clothes do not fit as easily as before for the first week. Be patient - the swelling will gradually subside and you will see the six-pack abs you desire.

Discomfort from gas and bloating can be magnified after surgery. Suggestions to minimize symptoms include limiting spicy foods, avoiding carbonated drinks, and restricting intake of sugar-free products containing Xylitol.

**Please note:**
- If you have nausea, vomiting, rash, shortness of breath, constipation or diarrhea after taking your medications, please call our office.
- If you develop a fever (oral temperature greater than 101°), redness and/or increased pain at the surgical incision sites, please call us immediately.

**MASSAGE THERAPY**
Lymphatic massage will help increase circulation and alleviate any hardness or lumpiness felt underneath the skin at the surgical sites. Massage can begin 2 weeks after surgery. Make sure the massage therapist is well versed in lymphatic drainage techniques. 45-60 minutes of therapy is recommended 1-2 times per week for 4 weeks.

**FOLLOW-UP INSTRUCTIONS**
It is important to be seen by Dr. Beck after your initial post-op checks. He will see you for follow-up appointments at 1 week, 3 weeks, 6 weeks, 3 months, 6 months and 1-year post-op. For your convenience, your initial follow-up appointment is scheduled at your pre-operative visit. If you must change any scheduled appointment, please call us at 214-818-4751 between the hours of 8:30 am – 5:00 pm with at least 48 hours notice.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL**
There is no such thing as a minor question or concern. If you need immediate care, someone will be available for you at all times. During office hours, please call our main number 214-818-4751. After hours and on the weekends please use the on-call service (accessed by calling our office phone) or contact Dr. Beck.

Dr. Beck’s office: 214-818-4751
Dr. Beck’s cell: given at time of surgery

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