

**MICHAEL F. MILAN M.D., P.C.**  
3271 Five Points Drive, Suite 106  
Auburn Hills, MI 48326  
**OFFICE** (248) 377-8141

**For emergencies only:**  
Pager XXX-XXX-XXXX

THE MORNING OF SURGERY: DO NOT APPLY ANY MOISTURIZERS TO THE OPERATIVE AREA.

### **POSTOPERATIVE INSTRUCTIONS FOR SUCTION LIPECTOMY**

1. Bed rest for 24 hrs. You may get up to use the bathroom only.
2. You may use ice packs as needed for pain or burning sensation. Most patients experience a burning sensation after surgery, this usually subsides 4-6 hours after surgery.
3. You may also use Tylenol or prescribed pain medicine as directed.
4. **After your surgery consume at least 8 large glasses of water a day. Also maintain a well balanced diet of at least 2000 calories per day. This will promote healing and faster recovery.**
5. The day after your surgery remove the compression garment, foam and gauzes. You may then shower(no bathes) with soap and water avoiding a direct hit on the incisions.  
--Put antibiotic ointment on the incisions and cover them with Band-Aids.  
--Replace the compression garment and the foam. **You need to wear these until you are seen by Dr. Milan at approximately one week after surgery. These are very important to the outcome of the liposuction.**
6. No vigorous activity or exercise.
7. If the area treated is above the waist, elevate your upper body with pillows.
8. If there is fever above 100 degrees or excessive bleeding, contact Dr. Milan.
9. If any problems arise, do not hesitate to contact Dr. Milan. After office hours and on weekends, he can be reached through pager.  
Feel free to call us if you have any questions regarding your surgery and postoperative condition. These special instructions are given in addition to your routine instructions. Keep them for reference during your recovery period.
10. At two weeks post-op, arrange a massage with our massage therapist. There is no charge for this as it is included in your liposuction fee.