



Liposuction Post-Operative

Care Guide

MORNING OF SURGERY

- Do not eat or drink anything at all for at least 6 hours prior to surgery.
- Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Wear slip-on shoes.
- Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours.
- Do not smoke.

WHAT ARE MY POST-OPERATIVE INSTRUCTIONS?

- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit & vegetables to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take "Dispirin" or any other NSAIDs unless approved by your surgeon.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- You need to bring your compression garment with you to the hospital the day of surgery.

WHAT SHOULD MY ACTIVITY LEVEL BE?

- You may shower 48 hours after surgery.
- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Discuss your time off from work with your surgeon; this varies according to surgery.
- Activities involving the affected sites should be minimized for approximately 2 weeks.
- Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.

- Air travel is not allowed for at least 1-2 weeks following surgery.

HOW DO I TAKE CARE OF MY INCISION?

- Keep steristrips on.
- Keep incisions clean and inspect daily for signs of infection (redness, discharge, etc.).
- No tub soaking while sutures or drains are in place.
- You will be discharged wearing a pressure garment over the treated area. Most patients will wear pressure garment for 6-8 weeks.
- Wear pressure garment 24 hours per day for at least 6 weeks.
- After showering, reapply pressure garment and gauze to cover areas of incisions.

WHAT CAN I EXPECT TO FEEL?

- The small incision sites will be covered with gauze to protect these areas.
- Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 6 months or more.
- Expect temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, pain and discomfort.
- May have fluid drainage from incision sites.
- A drainage tube may be inserted beneath the skin to prevent fluid build-up.
- May feel stiff and sore for a few days.
- It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but, generally, after about a week, you should begin to feel better.
- Bruising may be apparent beyond the areas of liposuction, partially due to gravity.
- You will have small incision sites at the point of introduction of the instrument used to remove the fat tissue.
- A healthy diet and regular exercise helps to maintain your new figure.

WHEN SHOULD I CALL MY DOCTOR?

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

