

POST-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION
COMMON INSTRUCTIONS AFTER SURGERY:

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible).
- A responsible adult must stay with you overnight and after your surgery until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours after surgery.
- Do not drive 1-2 Days after surgery or when taking pain medications.
- Avoid any activities that cause pain or discomfort. There are no restrictions on your activity or exercise.
- You are encouraged to walk around the house on the day of surgery and thereafter. This helps to prevent blood clots from developing in the legs.
- Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- Take deep breaths often when you get home and for the first 24 hours after surgery. This helps to expand the base of your lungs.
- Resume activities slowly. You may feel tired for the first few days but you should be able to return to normal activities within 1 week.
- Expect to have pain for the first 24 hours. Take your pain medication before your pain becomes severe.
- Take all medications as instructed post operatively.
- Some bruising and swelling is normal. It is expected to take between 3-6 months to see your final results.
- Avoid direct sunlight to the incision for at least 1-year. Use a sunscreen with zinc oxide with a SPF of 20 or greater to help decrease the visibility of the scar.
- Drink lots of liquids after surgery to help replenish fluids that may have been lost during surgery.
- Use caution when getting up from a chair or bed as you may experience slight lightheadedness.
- You may go home with a compression garment in place. You will need to wear this garment at all times for **three** weeks after surgery. After **24 Hours**, you may take the garment off to shower but it should be put back on afterwards.
- Expect to have a moderate amount of swelling and drainage. You may change the gauze pads over your garment as needed to help keep clothing dry. The drainage from the small incisions may be significant for the first 12 hours after surgery but should stop after 24 hours. If it persists after then, please call the office.
- After you have taken your first shower and changed into your new garment, Avoid suture/incision area for at least 2 weeks.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from an incision site.
- Persistent nausea and/or vomiting.
- Any other concerns.

Office Telephone #: 310.598.2648