



POST OPERATIVE INSTRUCTIONS LIPOSUCTION

- Immediately post operative a compressive garment is fitted to the liposuction areas.
- The garment helps reduce swelling, and it is to be worn 24 hours a day for 6 weeks.
- Many patients find the additional support comforting through the healing process.
- Do not be concerned if you have some drainage 24-48 hours following your liposuction procedure. In general, the more drainage there is, the less bruising and swelling there will be.
- A substantial amount of swelling and bruising, discoloration is normal and expected for at least 2 weeks post op.
- Wear your compression garment as directed to help control swelling.
- You may also be more comfortable sitting with your feet elevated above your heart for 20 minutes every 2 hours.
- Take all medications as instructed. Take all the antibiotics as directed until the prescription is finished. Take antibiotics with food.
- Following surgery, bed rest is recommended for the remainder of the day.
- Within the first 24 hours post operatively, you may need assistance getting up to use the bathroom.
- You may resume vigorous sports 6 weeks after surgery.
- Keep your incisions clean. At your first post op appointment, we may remove your compression garment, dressings from all wounds, and instruct you to shower, wash gently and pat softly dry. Redress with a fresh clean compression garment.
- Do not use any added table salt. You should drink clear liquids to prevent dehydration, even if you're not thirsty.
- Drink 8 , 8 ounce glasses of water (not soda, tea, or coffee) per day for 3 days post op, this helps with the possibility of constipation.
- Do NOT apply ice packs or heating pads to skin overlying the areas treated by liposuction.
- Do NOT apply hydrogen peroxide or plastic bandaids to the incision sites.- The sites will heal faster and better without topical antibiotics.
- Do NOT soak in a bath,jacuzzi, swim in the pool or ocean for at least 4 days after surgery to minimize the risk of infection.

THINGS TO REMEMBER

- You may not see your final results for 6 weeks to 6 months post-op.
- Pink colored drainage from incisions for the first 24-48 hours, during this time be prepared with plastic, old sheets/towels to sit and lay on.
- Swelling is normal and variable.
- Discoloration, black and blue areas, may travel down your body, but usually resolve completely within 2 weeks.



- Mild weight gain after surgery, then mild loss from fat suction several weeks after surgery.
- Numbness is normal and may last several weeks.
- Irregularity in contour early after surgery is due to the diffuse edema.
- Dieting before, during, or even after surgery will complement your result.
- Perfect symmetry and evenness may not result from this procedure.

WHEN TO CALL THE OFFICE

- A marked increase rather than decrease in discomfort.
- Increased redness.
- Temperature greater than 100.5 F should be reported to the office immediately.
- Should you have questions or concerns, Please call the office at **910-323-3757**.
- If voicemail picks up , please leave a detailed message and someone will return your call.