

# LIPOSUCTION

## POST-OPERATIVE INSTRUCTIONS

### Bathing

- You may shower 72 hours after surgery, unless instructed otherwise by your physician. **No baths.**
- Once cleared by your MD to shower, remove compression and dressings **except the steri-strips/tape** over incision(s).
- Your compression garment should be put back on immediately after showering and drying off.
- Some areas may bleed slightly — this is normal and should subside quickly when dry.

### Activity

- Walk every hour while awake to promote adequate circulation to your heart and lungs.
- Do not lift more than 10 lbs (or more than a gallon of milk) and avoid strenuous activity. Your provider will advise when you are able to increase your activity at your post-op appointment.
- Do not swim, use hot tubs, tub bathe, or submerge your wounds in water until fully healed — typically 4-6 weeks.

### Diet

- Slowly resume your normal diet as tolerated.
- Pain meds and anesthesia may cause constipation. Be prepared with miralax and colace.
- Incorporate high protein foods into your diet to promote healing.
- Stay hydrated.

### Compression Garment / Wound Care

- Leave the compression garment on for full 3 days before removing it for a quick laundry or shower. You may need assistance putting it back on.
- Wear the compression garment day and night for the first 3 weeks, then at night only for an additional 3 weeks.
- You may experience leaking of blood-tinged fluid during the first 24 hours, which may soak through the garment — this is normal.
- Change gauze padding under the garment if it becomes saturated. **Always leave the steri-strips/tape in place.**
- Significant bruising is common and expected.

### Medications

- Take all medications as prescribed by your physician.
- Pain medication will reduce discomfort but may not eliminate pain completely.
- Do not exceed prescribed doses.
- You may take acetaminophen (Tylenol) for mild pain, but please ensure your prescription pain medication does not already contain acetaminophen (Tylenol).
- Avoid aspirin and NSAIDs (Advil, Motrin, Ibuprofen) for 72 hours after surgery, as they may increase bleeding risk.

### Call Promptly If You Experience...

- Significant swelling or swelling on only one side
- Shortness of breath, calf pain or soreness
- Facial drooping
- Fever greater than 100.4°F (38°C)
- Redness or warmth around your incision
- Changes in drainage (thick, yellow, green, bright red), a foul odor, or a sudden increase in drainage
- Severe pain that is not relieved by medication
- If you believe you are having a reaction to a medication.