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## **Postoperative Instructions for Liposuction**

### **INSTRUCTIONS**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Follow balanced diet.
- Decreased activity may promote constipation, add fruit to your diet and increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- No alcohol for 3 weeks
- Do not smoke, as smoking delays healing and increases the risk of complications.

### **ACTIVITIES**

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid vigorous exercise and activities are restricted for 3-4 weeks based on the affected site.
- Return to work in 2-3 weeks (Depends on job).

### **INCISION CARE**

- Keep surgical tapes in place for at least two weeks.
- Keep incisions dry all the time.
- You may shower 3 days after procedure.
- Avoid exposing scars to sun for at least 12 months.
- Always use sunblock, if sun exposure is unavoidable (SPF 30 or greater).

### **WHAT TO EXPECT**

- You may experience temporary pain, soreness, or numbness around the incisions.
- You may have bruising and swelling. The majority of bruising and swelling will subside in 6-8 weeks.
- May have fluid drainage from incision sites.
- Scars will be reddened for few weeks. They will fade and soften over time, it takes up to 12 months for the scars to mature.
- You may feel tired for several weeks.

### **FOLLOW-UP CARE**

- You need to wear the supporting garment 24 hours per day for at least 6 weeks.

### **WHEN TO CALL**

- If you have sudden painful 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 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 severe pain and swelling to one leg or unusual shortness of breath.