

## Liposuction

### Post – Op

#### **General Instructions:**

- Leave the surgical compression garment on until instructed otherwise. This will decrease the risk of seroma (collection of fluid) formation in the postoperative period.
- Limit lifting, pulling, or pushing for at least 10 days
- Once cleared to shower you may do so every day. You will remove the garment prior to showering. You can wash the garment in cold water and dry per manufacturer instructions. (This can be done while you are in the shower)
- Do not use the bathtub until instructed by the surgeon. This may be up to 2 weeks.
- Do not use a hot tub for 4 weeks.
- No smoking for the first 1-2 weeks after surgery.

#### **You can expect:**

- Sutures to be removed in 5-7 days (unless dissolvable).
- Moderate discomfort, which should be relieved by the pain medications.
- Some possible bloody drainage on the dressings, especially if tumescent technique is preformed.
- The greatest discomfort to be in the second 24 hours after surgery. Try to get up and move around several times an hour. This will help with the discomfort.
- Moderate swelling and bruising around and below the treated area.
- Clear liquid oozing from the incision.

#### **Call the office if you experience:**

- Severe pain not responding to pain medications.
- Excess swelling or swelling that is greater on one side than the other.
- The bandages seem too tight.
- Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
- A fever.
- Call the office if you have any questions.