

## **LIPOSUCTION POST-OPERATIVE INSTRUCTIONS**

1. **DRESSINGS:** You will need to wear a pressure garment (girdle, head band, etc) for six to eight weeks after surgery. This helps reduce the amount of swelling and helps the skin to shrink.
2. **WOUND CARE:** Clean incision sites with soap and water and apply antibiotic ointment two times a day.
3. **MEDICATIONS:** Take your antibiotics and pain medication as directed. You need to eat before taking these medications. **DO NOT** drink alcohol. Drink plenty of water with your antibiotics.
4. **REST:** If liposuction is on neck or face, rest on your back with your head elevated on 2-3 pillows. You may resume activities the day after surgery. You should not participate in sports or do strenuous activities for 6 weeks following surgery. **DO NOT** get hot and sweaty.
5. **ICE:** Ice should be applied for the first 2 to 3 days post-op. This will reduce the amount of swelling. Swelling subsides rapidly in the first 14 days after the operation and then more slowly.
6. **BRUSING:** The amount of bruising varies from almost none, to a lot and it depends mainly on the individual patient. The length of time it takes for the discoloration to disappear is basically the same as the time it takes for bruises to resolve elsewhere on your body. **REMEMBER – DO NOT TAKE ANY ASPIRIN-like compounds in the two weeks prior to and following surgery.** Be sure to tell me if you have a history of bruising easily or bleeding excessively.  
  
Moist heat may be used after one week to help bruising subside faster. Never use a heating pad.
7. **SMOKING:** Do not smoke after surgery. If you do smoke, you dramatically increase the risk of complications.
8. **OTHER:** If you have any questions or problems, please phone 936-539-8115.