

## Liposuction Surgery Post-Op Instructions

The following instructions are designed to answer questions that may arise regarding postoperative care and inform you about what you can do and what you should not do during your convalescence.

You and your caregivers should read this information several times to become thoroughly familiar with it.

1. Have all prescriptions filled prior to surgery.
2. Do not eat or drink anything after midnight on the night before your scheduled surgery.
3. Make arrangements for someone to bring you and take you home from the hospital and to stay with you through the first 24 hours.
4. Eat lightly for the first 24 hours as general anesthesia delays emptying of the stomach, then you may increase to regular diet as you feel fit to do so. Eating before taking the pain medication can prevent nausea.
5. You will be wearing a compression garment after surgery. The purpose of this garment is to apply even pressure to all suctioned areas and helps your skin to tighten and contour to your new smaller shape. After the postoperative visit a week or so after surgery, the garment can be removed daily to be washed and for you to take a shower. Please wear the garment at all times for 4 weeks then during the day for an additional 2 weeks.
6. You may have several pieces of foam padding inserted under your post-operative garment. They may or may not be stuck to your skin. This foam is very important in helping to prevent bruising. We understand that it is somewhat cumbersome and uncomfortable but the longer it stays in place, the better your results will be.

7. You may take a sponge bath for the first week after surgery in order to keep the compression garment on. Normal showers may be taken after your follow up appointment when the garment can be removed for laundering and showering only.
8. Continue to take the prescribed medications as directed, antibiotics are to be taken until the supply is gone. Take pain and nausea medications only when needed.
9. Increase activities as tolerated beginning 2 days after surgery. Walking around will help to reduce swelling and prevent blood clots from forming in the legs. Light exercise is permissible 2 weeks after surgery. Normal exercise is allowable 4 weeks after surgery.
10. Bruising and swelling can be significant and may last several weeks. Swelling will start to diminish within a couple of weeks but can take up to six months for your final shape to become evident. Bruising usually goes away in 2-3 weeks. Do not tan bruised areas as this can cause permanent discoloration.

Please do not hesitate to call our office at 843-971-2860 if you have any questions. We will be glad to assist you in any way possible.