

# Liposuction

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to contact us if you have questions or concerns.

## Activities

Driving is prohibited while taking pain medications.

Avoid heavy lifting (no more than 5 pounds) and vigorous exercise (aerobics, sports, swimming) for 3 weeks after surgery or otherwise instructed by your surgeon. Jogging and bike riding should be avoided for 4 weeks.

Smoking is prohibited. It interferes with healing.

You may shower after 24 hours, after removing the garment supplied to you.

Taking a bath is prohibited for the first 2 weeks after surgery.

## Diet

Drink plenty of fluids to avoid dehydration, even though you may feel bloated and swollen.

Resume a normal diet as tolerated.

## Pain Control/Medications

You will receive a prescription for pain medication that can be taken as directed if needed for pain control.

The pain medication may cause constipation and does impair your ability to drive or make important decisions. If you experience constipation you may take over the counter (Colace) laxative.

## Wound Care

It is normal to have large amounts of cherry color liquid drainage from the incisions for the first 24 hours.

The dressings can be removed 24 hours after surgery.

You will be provided with a garment at the time of surgery. Garment should be worn day and night except for showering for the first 3 weeks.

If you have foam padding inside your garment, this too must be worn 24 hours per day with the garment or until your surgeon allows you to stop.

Put on a clean garment after showering.

Hand wash the soiled garment in cold water, then allow it to drip dry. Woolite is recommended. Do not put the garment in a dryer.

You will notice bruising and swelling in the operated area. Bruising will gradually disappear.

Swelling may increase over the first week then gradually decrease over the next several weeks.

Noticeable results are apparent by 3 to 6 weeks, but areas will continue to improve over the next several months.

You may notice a change in sensation over the operated areas. This is expected. Normal sensation will return within 3 to 6 months.

The small incisions may be red for approximately 6 months. The color then begins to fade.

#### **Follow-up**

Call your doctor's office at the first sign of:

Excessive pain associated with pressure.

Enlargement of the operative area.

Bleeding at the incision.

Redness, drainage or odor from the incisions.

Fever or chills.

Shortness of breath.

**Do not hesitate to contact us if you have any questions or concerns**

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