



Liposuction Post Op Instructions

Liposuction

What to expect after surgery? Bruising and swelling are normal and expected. Drainage of pink tinged fluid from the incision sites is normal for the first 24-48 hours. You should expect swelling up to 2-3 weeks after surgery. Results after liposuction can be seen immediately, but final results between 3-6 month.

Activity: Daily activities may be resumed within 48 hours of surgery. A regular work schedule can be started when you feel comfortable in bending and walking. Activities of daily living should be back to normal by the third postoperative day. You may not drive for the first 2 days. Showering may commence 48-72 hours after surgery.

Medications: Take all of your antibiotics and your pain meds for pain as needed.

Postoperative Care: Rest the night of surgery. Take pain medications as needed (too much pain medication can cause nausea and vomiting). You are encouraged to get up and move around on the day after surgery to increase your circulation. You will be given an appointment for your first postoperative visit. You may experience moderate pain for the first two to three days following surgery. Pain medication is given to reduce the pain during your recovery period. A slight fever is normal two to three days following surgery. You will have on a compression garment with bandage underneath. Compression garments are meant to assist in post operative contouring. I recommend compression garments for 3 weeks depending on the area of lipocontouring.