

Liposuction Instructions

Pre-operatively

- Please avoid the medications in your preoperative list especially **ASPIRIN** for at least **10 days**.
- Please have your prescriptions filled prior to surgery.
- Please have old towels available at home and old sheets on your bed and chairs.

Post-operatively

- You will have several small incisions, which may drain fluid for the first 24-48 hours.
- This fluid is usually blood tinged. It will resolve quickly.
- Leave towels down in your chair and bed to avoid getting the furniture wet.
- You may have two garments. One with a zipper and one without. You will be wearing the zippered garment home from the surgery. Please leave this one on for the night after surgery and the next day. After this, you may take the garment off and shower.
- The garments should be worn for 11 hours, and off for one hour and then repeat this cycle. The garments may be alternated at your convenience. *(Usually the non-zippered garment is tighter and more difficult to get on.)*
- Please continue to drink **several glasses of water** a day after surgery.
- Expect the bruising to last up to **6 weeks**, depending on your surgery.
- Begin to **massage** the areas deeply, as soon as can be tolerated. Please concentrate on any firm or hardening areas. *(This will improve your result).*
- Please refrain from exercise while you are wearing the garment. You may casually walk, however please **avoid strenuous activities**.
- The garment wearing usually lasts approximately three to four weeks.
- Please **call the office** if you have **any questions** or if we may be of assistance.
- Please **call the office** if you develop an elevated temperature or if anything concerns you.