



Liposuction Postoperative Instructions

What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- **Avoid all forms of nicotine, including cigarettes**, as smoking delays healing and increases the risk of complications.
- Use the compression garments as instructed since this is an essential part of the postoperative treatment.
- Caring for the Buttock area: Avoid sitting on your buttocks for 4 weeks since this may kill the newly implanted fat.
- You may use a rolled towel to sit on your upper back thigh, allowing you to keep pressure off your buttock area.
- There are BBL pillows available online that may help.

What should my activity level be?

- You may shower 48 hours after surgery
- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.



Liposuction Postoperative Instructions (Continued)

- Do not drive until you are no longer taking any pain medications (narcotics). Discuss your time off from work with your surgeon; this varies according to surgery.
- Activities involving the affected sites should be minimized for approximately 2 weeks.
- Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.

How do I take care of my incision?

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- You will be discharged wearing a pressure garment over the treated area. Most patients will wear pressure garment for 6-8 weeks.
- Wear pressure garment 24 hours per day for 6 weeks.
- After showering, reapply pressure garment and gauze to cover areas of incisions.

What can I expect to feel?

- The small incision sites will be covered with gauze to protect these areas.
- Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 6 months or more.
- Expect temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, pain and discomfort. These take 4/6 weeks to subside
- **You will have a significant amount of fluid drainage from incision sites, this is normal and expected, do not be alarmed**
- A drainage tube may be inserted beneath the skin to prevent fluid build- up.



Liposuction Postoperative Instructions (Continued)

- May feel stiff and sore for a few days.
- It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but, generally, after about a week, you should begin to feel better.
- Bruising may be apparent beyond the areas of liposuction, partially due to gravity.
- You will have small incision sites at the point of introduction of the instrument used to remove the fat tissue.
- A healthy diet and regular exercise helps to maintain your new figure.

Postoperative Care

- Any sutures are removed 7-10 days after surgery.
- Another follow-up appointment will be given at that time

When should I call my doctor?

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.



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Contact information for your doctor

- Monday - Friday, 9:00am – 5:00pm:
 - o Call: (646) 943 6042 to make a follow-up appointment
- After hours and on weekends:
 - o (646) 943 6042
 - o (347) 767 6653

Disclaimer: This document contains information and/or instructional materials for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.