



Robert Graper, MD FACS • Garrett Harper, MD

Postoperative Liposuction Instructions

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. **DO NOT** smoke or be around anyone who is smoking to prevent wound break down or tissue death. If you are taking an antibiotic, be sure to finish it.
2. **DO NOT** remove your surgical girdle until 48 hours after surgery when you can remove the garment and all the dressings. It is better to remove the dressings before getting in the shower because the tape is easier to remove before it is wet. In the shower (not the tub) you can gently pat the treated areas with soap and water. When you are clean, pat the skin dry and apply Band-Aids to the incisions. Any residual tape left on after showering can be removed with nail polish remover. While you are in the shower, the garment can be put in the washer to get cleaned up too. The only time the garment should be off in the first three weeks is when a shower is taken.
3. Remain quiet the day of surgery and keep legs elevated. You may need assistance to the bathroom. Flexing and extending the knees and ankles several times per day is a good idea to prevent blood stagnation in the legs and prevent clots. On the second day, you may walk normally, but excessive activity may increase swelling and discomfort. Exercise other than walking is not recommended for seven days. Mild exercise may be done at one week and normal exercise resumed at 3 weeks.
4. Be sure to drink plenty of fluids after you arrive at home following surgery.
5. Some drainage into the dressing is normal and mostly represents the local anesthetic used to perform the surgery leaking out through one of the small incisions. In the unusual situation that a painful large swelling develops on the side of the drainage, please notify the office. A saturated dressing may be removed and replaced with an absorbant pad such as a maxipad.
6. Bruising and numbness are to be expected immediately after surgery but will resolve over the next one to two weeks.
7. Stitches will be removed 5-7 days after surgery. We will begin massage of the incisions and the treated areas at 21 days post op.
8. The majority of the swelling in the suctioned area will resolve quickly but complete resolution may require as much as twelve weeks.
9. Please call our office if you have questions or concerns.
10. Call our office soon to schedule your first post-op visit on _____.