



Liposuction Postop Instructions

Cosmetic Surgery Clinics
cosmeticsurgeryclinics.com

Patient: _____ MR# _____

Procedures: _____

1. **Compression Garments:** If you have had suction of the knees, thigh, or abdomen, a compression garment will be placed on you at the end of the surgery. The extra pressure this garment provides helps reduce swelling and discomfort. You should not remove this garment at all until the second or third day after surgery. After that, feel free to remove the garment temporarily for laundering. We want you to have circumferential pressure for 6 weeks, but you may switch to an exercise garment (Lycra or Spandex) after 3 weeks and whenever it feels comfortable to slip it on or off.

2. **Ice Packs:** A significant amount of bruising accompanies liposculpture. Ice packs can be helpful with both swelling and discomfort. After liposculpture of the abdomen, it is not uncommon for the groin and genitalia to become markedly swollen and bruised. Do not be alarmed! The swelling and bruising will go away within several weeks. Ice packs will help the discomfort and swelling.

3. **Showering and Bathing:** You may shower or bathe 36 hours after surgery.

4. **Taping:** The doctor may decide to cover some or all of your suctioned areas with elastic tape or adhesive foam. On the third or fourth day after surgery, you may peel these off in the shower or bath. This is easier than taking them off "dry".

5. **Body Wrap:** You will have a body wrap procedure at days 10, 13 and 16 following surgery to detox and decrease swelling.

6. **Postoperative visits:** We wish to examine you 3 or 4 days after surgery. Your stitches will be removed at 1 week.

7. **Exposure to Sunlight:** Protect the bruised area from the sun until the bruising fades completely.

8. **Activity:** You must start walking immediately. You may continue the activities of daily living as you feel able. Do not return to strenuous activities or aerobic exercises for 2 weeks.

9. **Bruising and Swelling:** Bruising and swelling are normal in the suctioned areas and usually increase slightly after the removal of foam. The bruising will decrease over 3-4 weeks, but may last as long as 6 weeks. The swelling, on the other hand, takes as long as 6-9 months to disappear completely, although you should see vast improvement within 1 month. The compression garment helps reduce the swelling, and the longer it is worn, the more quickly the process will proceed.

10. **Numbness:** Scattered numbness in the suctioned areas occurs occasionally and will disappear within a few weeks.

11. **Lumpiness:** As you heal, the suctioned areas may feel "lumpy" and irregular. This, too, decreases with time. Self massage will hasten softening.

12. **Return Visit:** _____ Days Date: _____ Time: _____

Responsible Party Signature: _____ Phone: _____ Date _____