

Patient Name: _____ Date: _____

POST OPERATIVE INSTRUCTIONS AFTER LIPOSUCTION

Next Appointment

Date: _____

Time: _____

1. Dressing Care

- Leave compression garment and dressing in place until instructed.
- Will experience reddish colored fluid draining from the incisions. Nurses will dispense chux for protection of your bed linen. (24-48 hours).
- May shower when instructed.

2. Activity Restrictions

- Avoid strenuous activity, no heavy lifting and no bending for 2 weeks.

3. Diet

- No restrictions on eating.

4. Medications

- Take prescribed pain medication as needed.
- DO NOT TAKE ANYTHING with aspirin or aspirin like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

5. What to Expect

- Compression garment is to be worn up to 6 weeks.
- You may experience some pain, burning, swelling and bleeding for the first several days. Some swelling may last up to 6 months.
- You may experience stiffness, soreness and bruising. If increased bruising after 7-10 days, please notify the office.
- You may experience increased urination for the first 24 hours after surgery.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202-741-3241** or the plastic surgery fellow on call at 202-715-4141.