
Post-Operative Care For Liposuction

Post-Operatively

- You will have several small incisions, which may drain fluid for the first 24- 48 hours. This fluid is usually blood tinged and will resolve quickly.
- You may want to lay or sit on towels to protect your furniture and bedding from the drainage.
- Stay in the company of a responsible adult, the first night.
- Rest at home for a few days following surgery with legs elevated when sitting or lying. Short walks are permitted and encouraged, the day after surgery.
- You may use Maxi pads or gauze pads over your small incision sites to help with the drainage. You may change these as needed when they become saturated.
- TOO MUCH ACTIVITY IN THE IMMEDIATE POST-OPERATIVE PERIOD WILL RESULT IN EXCESSIVE SWELLING AND POSSIBLE BLEEDING.

Pain

- For pain relief, take prescribed tablets every 3 - 4 hours as necessary. Do not exceed more than 8 per day.
- Do not make any legal decisions while under the influence of an anaesthetic or medications that may cause drowsiness.
- Please contact the office if pain cannot be controlled with prescribed medications.
- Do not use ice packs on incision areas.
- No drinking of alcohol, driving or operating machinery, while on pain medications.

Diet

- Please continue to drink several glasses of water per day after surgery. Fluids are especially encouraged for the first few days.
- Light meals are preferable after general anesthesia or intravenous sedation.

Showering and Removing Compression Garments

- You may shower 24 hours following surgery. Do not remove your garment while standing up for the first few days following surgery. If possible try to have someone present (in case of fainting). Remember; do not shower in water temperatures too hot or cold. Try to keep a lukewarm temperature. Keep your time in the shower to a minimum as your body continues to adjust.

Dressings

- You must wear the recommended support garments for a minimum of 4-6 weeks, day and night unless otherwise instructed.
- You will be wearing a zippered garment home from the surgery. Please leave this garment on the night of your surgery and the next day. After this, you may take the garment off and shower.

- You may have two garments. One with a zipper and one without. You may also wash the garments. These garments may be alternated per Dr. Heir's instructions. Usually the non-zippered garment is tighter and more difficult to get on. This is typically not worn the first few days immediately following surgery. Wear the garment for 11 hours on and 1 hour off each day. It is to your benefit to wear the garment as much as possible.
- You may use Maxi pads (these can be cut in half) or gauze pads over your small incision sites to help with the drainage. You may change these as needed when they become saturated. Clean the incisions with saline and cotton buds. Do not remove crusting on your own as this may lead to scarring.

SWELLING AND BRUISING

- Expect the bruising to last up to 6 weeks, depending on your surgery.
- Swelling and bruising are a normal part of the recovery process and will begin to subside one or two weeks after surgery. It is expected that your clothes will be tight for the first week or two after surgery. Intermittent swelling may persist for several months in the ankles.
- You should see a general decrease in your size and shape approximately 1-2 weeks after surgery. Your size and shape will continue to decrease each week.
- Swelling following liposuction recedes rather slowly. It will take some time before the contour finalizes, usually between three and six months.
- Pain and aches are normal especially the first week; this will decrease as bruising subsides.

ACTIVITY

- Return to sedentary type work is permitted after one week.
- Short walks can be commenced after 1 week and increased as tolerated weekly.
- Driving and flying are permitted after one week.
- Tennis, jogging, aerobics and other vigorous sports may be resumed approximately 6 weeks after surgery. Easy swimming is permitted three weeks after surgery. If you are unsure, please ask Dr. Heir before resuming a particular activity.

SUN PROTECTION

- Protect your skin from sunburn by using a sunscreen with a Sun Protection Factor 15 or higher. Avoid the sun, as it will increase swelling.

MASSAGE

- It is important after surgery to lightly massage the areas that have been liposuctioned although it is difficult when bruising is present. Try to massage lightly after 1-2 weeks.

Please call the office if you have **any questions** or if we may be of assistance.

Please **call the office at 916-419-4588** if you develop a temperature or have any concerns that need immediate attention. **If the office is closed**, please dial Ext. 5 to be connected with Dr. Heir's cell phone.

You will need a follow up appointment with Dr. Heir in 1 week.