

# LIPOSUCTION

## Post-Surgical Guide



### HARVEST SITES

- Moderate bruising and swelling is normal, which may take 6 weeks or longer to resolve.
- Moderate discomfort is normal and may last 2-3 weeks.
- If a large volume of fat was harvested, you will be placed in a compression garment or abdominal binder. This must be worn for 24 hours a day for 4-6 weeks except when temporarily removed for showering and laundry.
- It is normal to have some seepage of clear or pink fluid from liposuction ports for 2-3 days after surgery. You can use gauze, Kleenex or any other absorbent pads inside of your garments.
- You may have small sutures that will be removed in the office 1-2 weeks after surgery.

### SHOWER

- Unless otherwise instructed, you may shower after 48hrs with mild soap such as Dove.
- Use a very soft washcloth. Do not rub the area. Gently pat dry.
- This is a good time to launder your garment if it is soiled. Otherwise, replace your garment(s) ASAP after shower.

### ACTIVITY

- Take frequent walks multiple times daily, but avoid strenuous activity for the first 2 weeks after surgery.

### MEDICATIONS

- Take two Aleve in the morning and two in the evening starting the day after surgery.
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
- Prevent constipation while on narcotics by taking one dose of Miralax daily and one dose of Colace twice daily until you are not taking narcotics and having regular bowel movements.

### EMERGENCIES

- **\*\*After hours, call Medlink Paging Service at (512) 323-5465\*\***
- Call the office immediately for:
  - Temperature greater than 101 degrees
  - Significant increase in swelling or pain not relieved with pain medication
  - Redness or pus/yellow/green drainage from incisions
  - Darkened or blackened skin (in excess of normal bruising)

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