

# LIPOSUCTION

## Post-Surgical Guide

### HARVEST SITE

- Moderate bruising and swelling is normal.
- Moderate discomfort is normal and may last 1-2 weeks.
- If a large volume of fat was harvested, we recommend wearing a compression garment or wrapping in an ACE bandage for 2 weeks continually after surgery, then intermediately for 4-6 more weeks.
- May have seepage of clear or pink fluid from liposuction ports for 2-3 days after surgery.

### EMERGENCIES

\*\* After hours, call Medlink Paging Service at (512) 323-5465

- Any signs of infection, call Doctor IMMEDIATELY
  - Temperature greater than 101.00 degrees
  - Significant swelling
  - Tender, red, swollen, warm areas, pus, yellow or green drainage
  - Swollen/painful or darkened/blackened skin
- ABSOLUTELY NO ICE or HEATING pads to injection or harvest site.

### SHOWER

- Shower daily with mild soap like Dove.
- Use a very soft washcloth, do not rub the area, pat area dry.

### ACTIVITY

- Avoid strenuous activity for the first week after surgery.

### MEDICATIONS

- Take two Aleve in the morning and two in the evening
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
  - Prevent constipation by taking one dose of Miralax daily until function returns to normal.