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Post-Operative Instructions for Liposuction

Follow the “General Post-Operative Instructions.”

Fluid will leak from the incisions for approximately 24 hours. Change dressings out as needed. Take care to protect the furniture from the fluid. The incisions will close on their own within a couple of days after surgery.

It is very important that you stay hydrated. A good check to see if you’re hydrated is to check the color of your urine. If your urine is yellow you need to drink more fluids. If your urine is clear you are drinking enough. It is important to monitor your hydration status because if you become dehydrated you may feel dizzy when standing.

You may shower 24 hours after surgery. Wash your garment during this time.

Garments should be worn for 23 hours a day for 2 weeks then as much as possible for the following 2 weeks. Garment wear helps reduce the swelling that occurs after surgery. Even with garment wear swelling may be evident a month post operatively.

Activity should be limited to walking for several days after your surgery. Slowly increase activity as tolerated.