

Liposuction Surgery Aftercare Guidelines

Surgery Date: _____	<u>First Night</u> Date:	<u>Following Day</u> Date:	<u>3-5 Days</u> <u>1st</u> <u>Post op Visit</u> Date:	<u>7-10 Days</u> <u>2nd</u> <u>Post op Visit</u> Date:	<u>2 Weeks</u> <u>Post op</u> Date:	<u>4-6 Weeks</u> <u>Post op</u> Date:	<u>8 Weeks</u> <u>Post-op</u> Date:
Sleep in a reclined position				X			
Medications- take as directed				X			
Soft Diet and liquids		X					
Stool softener/High Fiber foods				X			
Leave on all dressing				X			
Surgical Stockings		X					
Emotional ups & downs	X	X	X	X	X	X	X
Driving-(when completely off all medications and can react to an emergency)				X			
Shower				X			
Massage all treated areas				X			
Steri Strip Removal					X		
Can get incision line wet					X		
Compression garment						X	
Lower body exercise						X	
Heavy lifting/upper body exercise						X	
Alcohol Beverages					X		
Herbal Supplements/Dietary Supplements					X		
Ocean, pool, or Jacuzzi water						X	

Liposuction Post-Op Care Instructions

1. Please have someone drive you to the surgery center in the morning for surgery and be certain to have someone scheduled to take you home. Someone must be with you at all times for the initial 24 hours following your surgery.
2. Take the pain medication every three to four hours, if needed. Ideally, it should be taken with food to prevent nausea. Take the antibiotic every eight hours for 3-7 days. You are NOT allowed to drink alcohol while taking the medications.



It is also a good idea to record when medications are taken to avoid taking too much or not enough.

3. Upon leaving the surgery center, you may have small quantities of liquids as desired and tolerated. The following day you may progress to a soft diet. After the above, you may eat as desired. No alcoholic beverages are allowed for one week after surgery and especially while taking the medications.
4. You will have the garment on for several days. This helps protect and cushion the surgery and also helps to keep mild pressure on the suture lines. Please do not take garments off until your first follow up appointment. Do not wet the areas until garment is removed.
5. If you had liposuction of abdomen and thighs: Sitting on hard surfaces is not allowed. You may sit on a soft chair.

6. You should limit your social activities for several days following your surgery. Excessive exercise should be avoided, and no body contact sports are allowed until you are instructed otherwise.

7. Please report to Dr. Pousti any:

- a) excessive pain
- b) rise in temperature above 100 degrees
- c) excessive bleeding