

Liposuction Post-Operative Instructions

General Instructions

- Someone must drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet with high protein and fluid intake.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive until you have full range of motion with your arms.
- Increase activity gradually as tolerated.
- Resume social and employment activities as tolerated.
- Wear your compression garments 4 weeks after surgery. Wear for a minimum of 23 of 24 hours a day, removing to shower.

What to Expect

- Leave surgical dressings and binders on until follow up in the office. **You will leak/drain A LOT from the liposuction port sites**, likely through the provided garments, clothing, and on to furniture. Use gauze and pads while sitting and laying on furniture to catch the drainage.
- Maximum discomfort will occur the first few days after surgery.
- You will experience temporary soreness, bruising, swelling and tightness in all areas where liposuction was performed.
- You may not have sensation surrounding skin or along the incisions. This usually returns with time but can take up to 12 to 18 months.
- You may have random, shooting pains and itching throughout your abdomen/back/flanks/additional liposuction sites and along incisions for a few months. This is part of the normal healing process.

Incision Care

- Your liposuction port sites will close on their own 3 to 5 days after surgery. Once closed, keep port sites moisturized. We recommend using vitamin e lotion or cocoa butter.
- Avoid exposing scars to sun for at least 3 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater). We recommend sunscreen that contains zinc oxide.
- No tub soaking/swimming for 2 weeks.

- If your skin is exceedingly dry after surgery, you can apply a moisturizer several times a day, but be sure to keep the suture area dry.

Appearance

- Most of the discoloration and swelling will subside in 4-6 weeks. Small amounts of swelling can come and go for 3 to 6 months, sometimes even up to a year.
- The areas where liposuction was performed will feel firm to the touch. It is common to feel lumps/bumps, these will come and go for 3 to 6 months.
- The port site scars may be red and angry looking for 6 months. In time, these usually soften, flatten, and fade.

Follow-Up Care

- Follow up on the next clinic day after your surgery. Expect additional follow up appointments 3-4 weeks and 3-6 months after your surgery.

When to Call

- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For Medical Questions, Please contact:

- Katie Leemaster PA-C at katie@districtps.com or Dr. Praful Ramineni at doc@districtps.com
- (202) 742-3999, Monday - Friday, 8 a.m. - 5 p.m.

Please Email Jackie at jackie@districtps.com to set up your post op appointment for Monday/Thursday _____ (please give preference of morning or afternoon post op appointment).