

POST-OPERATIVE CARE AFTER LIPOSUCTION

- Liposuction is safe because fluid and fat (tumescent) are put into the skin to help fat removal. It is normal for bloody fluid to drain on the clothes and sheets for the first 24-72 hours after surgery.
- The skin often feels “funny” with tingling, burning, and occasional itching, and or numbness that can last for several weeks.
- Swelling will hide the result for several weeks; no fat is added with the surgery.
- Some surgeons will prescribe a garment to help with swelling.
- Call your surgeon immediately for fevers or severe pain.
- Typically strenuous activity is tolerated one week after surgery.
- If you have a garment, wear at all times except when you are showering. This should be worn for 2-4 weeks depending on your surgeon.
- You may do normal activity but avoid straining for 1-2 weeks, as this may prolong bruising and swelling.
- Avoid aspirin, Motrin, Ibuprofen, Advil, and Aleve for the first week or two, as this can increase bruising.
- Be sure to put clothing and sheets on your bed in which it is okay for bloody material to potentially stain. These precautions are taken for the first few days.
- You will typically see your doctor 1-2 weeks after surgery.