
LIPOSUCTION

Edina Plastic Surgery, Ltd.

Immediate Postoperative Care

- Sleep in a recliner or reclined like position using pillows to elevate your head and your legs.
- You should get up and walk around your home for brief intervals, have assistance when standing and walking.
- Do not exercise. Limit straining, lifting, and other rigorous activities for 2-3 weeks.
- Do not drive a car or operate heavy machinery for 2-3 days.
- Your compression garment must remain on for the first 24-72 hours. Keep your dressings clean, dry, and intact. Readjust your compression garment as needed if it is uncomfortable.
- Drainage from your incisions should cease after 12-24 hours. Drainage is normal after liposuction and may even soak through the garment during the first 24-48 hours post-op. Use the provided chux pads to protect your furniture and linens.
- Your first shower will be in 2-5 days (no baths). Sponge bathe only until your first shower.
- Eat light bland meals for the first few days. Avoid spicy, acidic, greasy, and fried foods which may upset your stomach after anesthesia.
- Take your pain meds with food to avoid upset stomach/nausea sometimes experienced with narcotics. If you experience any itching, hives, rash, headache or nausea after taking any of your medications, you may be having an allergic reaction to one of them. If this occurs, please call our office and we will change your prescription.

First Shower

- Have someone available for assistance during your first shower as you may feel faint or dizzy when first getting up without the garment.
- When removing the compression garment or binder, remain lying down for ½ hour before attempting to rise. This will allow your blood pressure to stabilize with the garment/binder off. After ½ hour, sit on the edge of the bed for a few minutes, and then stand for a few minutes prior to walking into the bathroom. The key is to go slow.
- If you have steri-strips, leave these on while showering. After showering or bathing, apply Bacitracin ointment to any incisions not covered with tape if instructed by your physician.
- Steri-strips will peel off on their own in 7-10 days. Do not remove any steri-strips or sutures.
- Replace your compression garment and wear continuously for as long as your physician has instructed (for an average of 4-6 weeks). Keep gauze/pads over incisions the first 5-7 days.

While Recovering

- Bruising may persist for 2-3 weeks while healing.
- Swelling may take 9 to 12 months to fully resolve following liposuction.
- Some surface irregularities may be noticed in the areas suctioned while healing. Your physician may advise massage or ultrasound if necessary during the healing process.
- Do not use heating pads, hot tubs or sit in a tanning bed without first consulting your physician. Do not swim in a pool, lake or ocean until incisions have completely healed.
- Following liposuction, your body will need fluid replacement. Attempt to increase your water intake, especially while taking your prescribed pain medication(s).