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## **Post-operative Instructions Following Liposuction**

You will be bruised and swollen following Liposuction. The swelling will be greatest for 36 hours after surgery. There may be drainage of fluid from the incisions for several days postoperatively. You can expect the swelling to diminish slowly over several weeks following your surgery. The bruising may persist for 10 days or longer.

You can promote more rapid healing by following these simple rules.

1. Take all medications as directed. Do not drink alcohol or smoke while recovering from surgery. Do not drive while taking pain medications.
2. Do not take Aspirin, Advil, Motrin, Ibuprofen, Naprosyn or other non-steroidal anti-inflammatory medications unless your Doctor instructs you to do so.
3. Drink plenty of fluids (8 glasses of water per day) while recovering.
4. You will be bruised and swollen following your surgery. You can expect swelling to slowly over the next several weeks; however residual swelling can be present for several months after your surgery
5. To help decrease post-operative swelling keep your compression garment on at all times.
6. Draining of fluid/blood from the incision sites is common and may occur for several days following your surgery.
7. Do not exercise vigorously or perform strenuous activities until your doctor instructs you to do so. Walking will help to reduce swelling and discomfort.
8. You may remove the garment/foam dressings to shower in 24 hours following surgery. After showering, put your compression garment back in place.
9. Call your doctor if you have any fever or chills, shortness of breath, leg pain or swelling, or other concerns.