



Renuvion & Liposuction Recovery Guide

WITH DR. NICHOLAS WINGATE

At-Home Support

Please arrange for someone to drive you home and assist you for the first few days. Creating a calm, supported recovery space can make all the difference in your healing experience.

Returning to Normal Activities

- Most patients return to desk work within a few days to one week.
- Swelling and discomfort may persist but typically improve by the end of the first week.
- Resume more vigorous activity only after being cleared by Dr. WingateTypically 2-3 weeks.

Treatment Area Care

- You may begin showering the day after surgery.
- Avoid baths, hot tubs, and pools until Dr. Wingate confirms it's safe to do so.
- Gently cleanse the treatment area with a fragrance-free soap.

Compression Garments

- You will leave your procedure in a compression garment.
- Please have two well-fitting garments on hand prior to surgery - snug, but not difficult to put on or remove.
- For best results, wear compression consistently for the first 6 weeks after surgery to reduce swelling and support healing.

Managing Discomfort

- Renuvion and liposuction are usually performed using local anesthesia, which lasts approximately 4-8 hours after surgery.
- Be sure to fill all prescriptions before your procedure so they are ready for use at home.
- Most patients transition to Tylenol + Advil by the second day after surgery.
- Light activity, hydration, and consistent compression can ease discomfort and support recovery.

Normal Healing

- Swelling and bruising are normal and expected following these procedures.
- Swelling will gradually diminish over the course of several weeks to months.

To Support Your Recovery:

- Avoid overexertion
- Wear compression garments as directed
- Keep the treated areas clean and gently supported
- Engage with Lymphatic massage specialists as outlined by Dr. Wingate

When to Contact Us

Please contact Wingate Plastic Surgery if you experience:

- Ongoing bleeding that does not slow or causes you to change dressings more than every few hours
- Asymmetrical swelling (e.g., one side significantly more swollen than the other)
- Pain that is not controlled with rest, ice packs, and medications

At Wingate Plastic Surgery, we are here to support your transformation with exceptional care, every step of the way. If anything feels unusual or concerning, reach out - we're here for you.