

## Post-Operative Care Instructions for Liposuction

Liposuction removes unwanted fat to help contour specific areas of the body. Proper post-operative care is essential for reducing swelling, preventing complications, and achieving the best aesthetic result. Please follow all instructions carefully.

### Activity

Early, gentle movement helps reduce swelling and lowers the risk of blood clots.

- Begin **light walking** the day of surgery. Short, frequent walks are encouraged.
- Avoid strenuous activities, heavy lifting, and vigorous exercise for **2–4 weeks**, or as directed.
- Do not engage in high-impact activities, running, or weight training until cleared by your surgeon.
- Avoid bending and twisting excessively for the first few days.
- Expect soreness similar to a deep bruise—this gradually improves.

### Compression Garment

Compression is essential for liposuction recovery.

- Wear your **compression garment** continuously as instructed—typically **24/7 for several weeks**.
- The garment helps control swelling, smooth contours, and improve results.
- Remove the garment only for showering unless instructed otherwise.
- Compression should feel supportive, not overly tight—pain, numbness, or difficulty breathing means it is too tight.
- Wash garments regularly to keep them clean and odor-free.
- Mild pressure or snugness is normal; severe pain or difficulty breathing is not—contact us if this occurs.
- You may purchase extra compression garments or shapewear from the following retailers: Amazon, Target, WalMart.
- Search terms such as “compression garment,” “shapewear,” “post-surgery shapewear”

### Incision & Drainage Care

Liposuction incisions are small and may drain fluid for the first 24–48 hours.

- Keep incision sites **clean and dry**.
- Light drainage onto dressings or garment is normal.
- Change absorbent pads as needed.
- Bruising and swelling may worsen over the first 72 hours before improving.

## Medications

Please follow all medication guidelines included in your post-operative folder.

## Bathing & Hygiene

- You may shower **24 hours** after surgery unless otherwise instructed.
- Allow water to gently run over incisions—do not scrub.
- Pat dry completely before putting your compression garment back on.
- Avoid baths, hot tubs, pools, or oceans for **4–6 weeks** to reduce infection risk.

## Expected Symptoms

Early recovery may include:

- Swelling and bruising
- Firmness or lumpiness in treated areas
- Numbness or tingling sensations
- Mild leakage of pinkish fluid from incisions
- Fatigue or low energy for several days

These are normal and gradually improve over several weeks.

## When to Call Us

Contact the office immediately if you notice:

- Fever over **101°F**
- Increasing redness, warmth, or swelling in one area
- Foul-smelling or colored drainage
- Severe pain not relieved by medication
- Shortness of breath, chest pain, or new leg swelling (seek emergency care)

## Contact Us

We are here to support you throughout your recovery.

- To speak with a member of our care team, please **call or text (813) 542-2587**.
- **Urgent text messages** outside business hours will be answered as promptly as possible during reasonable waking hours.
- After hours, the **answering service** can contact the physician on your behalf for emergencies.