



DR. COURTNEY
PLASTIC SURGERY

LIPOSUCTION

Postoperative Care

POST-OP:

3 week follow up:

Purchase stage 2 compression garment. Start Lymphatic massage as instructed.

BANDAGE:

A compression garment is fitted to the liposuction areas. It is to be worn 24 hours a day for 14 days. For the next 14 days, it should be worn at least 12 hours a day. It may be worn intermittently after the first 4 weeks as many patients find the additional support comforting through the healing process.

ACTIVITY:

Physical exercise should start with walking only at 7 days post-op. Do not push your recovery from surgery. You may resume vigorous sports (i.e. tennis, jogging, or swimming) 4-6 weeks after surgery

SHOWER:

At 2 days post-op, you may remove your compression garment and shower. Any gauze dressing over the incisions may be replaced with band-aids. The garment may be washed before replacing. Leave band-aids on during shower; replace band-aids after showering

DIET:

Meals are not restricted, other than a low-salt diet. Do not use any added table salt. You should drink clear liquids to prevent dehydration, even if you are not thirsty.

THINGS TO REMEMBER:

- You may not see your final results for 6 weeks to 6 months post-op.
- Swelling is normal and variable
- Discoloration, black and blue areas, may travel down your body, but usually resolve completely within 2 weeks.
- Numbness is normal and may last up to several weeks.
- Pink colored drainage from incisions for the first 24-36 hours, during this time be prepared with puppy pads/towels to sit and lay on

PROBLEMS:

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email Elsa@drcourtney.com

Print Name:

Signature:

Date Received