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**Plastic and Reconstructive Surgery**  
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**POSTOPERATIVE INSTRUCTIONS FOR LIPOSUCTION**

1. *Please return home and limit activities for 24 hours. Have someone assist you.*
2. *You may start with liquids as tolerated and progress to solid food if there is no nausea.*
3. *Take the prescribed pain medication as needed. Do not take pain medication on an empty stomach. Alcohol must be avoided while taking any form of pain medication.*
4. *Apply ice packs to the surgical areas for 48 hours after surgery to help with pain, swelling, and bleeding.*
5. *Swelling and bruising are expected. Expect large amounts of pink or red tinged drainage from puncture sites.*
6. *A garment will be provided for you after surgery. Please wear this at all times. (6 to 8 weeks) These garments help with compression. After 24 hours you may shower; NO BATHING!! Please replace garment immediately following your shower. Make sure there is no wrinkling of the garment, this can cause wrinkling in the skin.*
7. *Avoid strenuous activities, getting overheated etc.*
8. *Prepare your bed with a waterproof pad (purchased at Wal-Mart). The drainage from the puncture sites may ruin your mattress.*
9. *Prepare your vehicle seat with protective seat cover for the ride home. (absorbant pad, shower curtain or an old sheet)*

*Do not hesitate to call our office at 767-7575.*