

Post Operative Instructions Following- Liposuction
Juan C. Garcia MD, FACS, PLLC

Call the office at 793-0475 the day after surgery, for your follow up appointment. Normally we like to see you in the office one (1) week post operatively.

Bruising and swelling are normal and expected. Oozing and drainage of pink tinged fluid from the incision sites is normal for the first few days. You should expect some swelling up to 3 months after surgery. Results after liposuction can be seen within 6-8 weeks.

Activity: Daily activities may be resumed within 48 hours of surgery. A regular work schedule can be started when you feel comfortable in bending and walking. Activities of daily living should be back to normal by the third postoperative day. You may not drive for the first 2 days, or while taking prescription pain medication. You may shower 48 hours after surgery, until then just sponge bathe. No tub bathing, hot tubs or swimming pools for 3-4 weeks post operatively.

Medications: Take any prescribed antibiotics completely. Narcotic pain medication may have been prescribed for you and may be taken as needed the first couple days then switch to Aleve or Advil to help with pain control. Avoid alcohol use when taking narcotic pain medication.

Postoperative Care: Rest the night of surgery. You are encouraged to get up and move around on the day after surgery to increase your circulation and prevent blood clots. Deep breathing and coughing helps to expand lungs after anesthesia. You will have on a compression garment which should be worn continuously for six weeks to help contour and minimize swelling. Change the gauze pads as needed for excessive drainage. Drainage usually stops or is minimal on the third day. After a few days, you may remove the garment and rest in bed while someone washes it. Help may be needed to place the garment back on.

Call Dr. Garcia at 793-0475 immediately to report any of the following symptoms:

- a. A temperature of 100.4 degrees or more that lasts over 8 hours.
- b. Increased redness or heat in the incision area.
- d. Dark places in or around the incision area.
- e. Any purulent drainage or odor from the incisions.
- f. Nausea or vomiting
- g. Increasing pain, days after surgery.