

## **AFTER YOUR LIPOSUCTION**

- After surgery your incisions will be covered with antibiotic ointment, gauze and tape. You will be placed into a compression garment. Please keep these on for the first 48 hours after surgery. It is normal to leak blood-tinged fluid onto the garment. Make sure you put a towel under you when you sit or are in bed.
- Keep well-hydrated and make sure your urine is clear yellow in color. Take your pain medications and antibiotics as directed. Remember to take your Arnica and Bromelain supplements to minimize your bruising. **Do not apply cold or heat to the surgery sites.**
- If your stomach is not upset, you may resume your normal diet. If you do feel some nausea, limit your first meal to liquids, such as soup or juice. Use your anti-nausea medications as needed.
- After 48 hours, you may remove garments, tapes and gauze and shower, preferably with an antibacterial soap such as Hibiclens. It is normal to have bruising and swelling.
- After your shower, apply antibiotic ointment to all incisions, re-cover them with bandaids and put your garments back on. Repeat this procedure after every shower. Your garments may be put in the washer and dryer as needed.
- The compression garments are typically worn 24/7 for 6 weeks after your procedure to help with skin retraction. Additional garments may be purchased through Marena Comfort Wear (1-888-462-7362). Alternatively you may use SPANX or other shapewear if they cover the surgical areas in a manner similar to the compression garment you were given.
- You may not take baths or get into a hot tub, pool, lake, river or ocean until all the incisions are fully healed and there are no open areas; this usually takes about 6 weeks.
- Your activity is limited to walking for the first two weeks post-operatively. You may climb stairs if necessary. Avoid gym, work-out activities, and all sports for 6 weeks. After 6 weeks, you may gradually return to all strengthening and impact activities. Sexual activity may be resumed after 2 weeks.
- You may not smoke or be in the company of second hand smoke for 6 weeks after surgery.
- Areas of firmness can develop in the treated areas. These areas need to be massaged two or three times daily until they resolve. Some areas may take up to 6 months to soften. Lymphatic massage is very helpful and can be started 2 weeks after your surgery. Laura Pierce (910-352-7180) is an excellent masseuse who has worked with a lot of our patients.
- Sutures will be removed at first post-op visit in one week. Please call the office to make your post-operative appointment. You will use your body lotion after your sutures have been removed.

*Marisa Lawrence MD*

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