

# Postoperative Instructions

## Liposuction

1. Keep your garment on at ALL times, you will wear this garment 6-8 weeks.
2. Perform breathing and leg exercises every 2 hours the first 24 hours after surgery. This is very important. Keep hose on 72 hours. (RN will have reviewed these with you prior to surgery). Continue these exercises every 4 hours thereafter for 5 days.
3. Get up and walk with assistance after surgery the first night at least twice and increase frequency daily.
4. Have a responsible adult help you for at least 24 hours. You will need assistance with your care and medications.
5. Wear garment except when showering; while showering, have garment washed/dried so it's ready to put on immediately. (Tip: wash garment in sink, use hydrogen peroxide or "spray and wash" to remove drainage stains; blow-dry with hair dryer).
6. Keep surgical site clean and dry; do not remove dressings.
7. You may shower after 24 hours if your doctor permits; if no shower then sponge bathe.
8. DO NOT drive, exercise, sign legal documents while taking medications, engage in sexual activity, drink alcoholic beverages, no smoking, and caffeine drinks until your doctor permits.
9. You will rest more comfortable in a recliner for the first days; keep pillow under knees.
10. DIET: clear liquids, progress to soft diet and then regular diet if no nausea.
11. Medications: Take your medications as prescribed. Do not take on an empty stomach.
12. Hydration: Drink plenty of water during your healing process.
13. Postoperative visits: Your doctor will see you the morning after surgery. If you are staying in the villas one of the clinic staff will see you daily during the week. We will make your appointment for you.

14. Expect:

- Bruising
- Swelling
- Discomfort
- Small amount of drainage at incision sites

15. **AFTER HOURS CALL: (408) 315-8269** if you notice:

- Obvious bleeding
- Swelling with hardness of incision sites
- Elevated temperature over 101
- Redness, swelling or purulent drainage at incision sites
- Persistent vomiting
- Any questions or concerns
- To schedule/change appointment

16. Ice packs over the incision site for the first 48 hours often relieves discomfort and reduces swelling. (Tip: Large bags of frozen corn or peas works well, please purchase 4 bags prior to surgery and bring to your villa).