

Postoperative Instructions

Liposuction

Liposuction: Post-Surgical Information

What can I expect after the surgery?

- Discomfort for the first few days.
- Swelling and bruising are to be expected and are a normal part of the healing process.
- Numbness of the skin around the incision and the area treated, this is normal and temporary.
- Sutures will be removed at the first post-operative visit approx. 1 week post-surgery.
- It is normal to have drainage from the insertion site for 2 to 3 days post procedure; you may apply a dressing to help absorb this drainage. Once the drainage has subsided the incision can be left to air (without dressing).

What garments do I need after surgery?

- You will be fitted with a special garment. You are required to wear this continuously for the first 4 weeks post-surgery. *You may remove these garments for showering, but we recommend that when you do so, you limit physical activity.*
 - o The purpose of this garment is to help to control swelling after liposuction and compress the skin to your new body contours

What kind of medication will I be prescribed after surgery?

- Pain medication and medication to help you sleep. We highly recommend taking over the counter stool softener to prevent irregularities in your bowel routine.

It is very important NOT to take your prescribed medication and any other type of pain medication at the same time.

Always check with your pharmacist to make sure taking Tylenol Extra Strength will not interfere with any of the medications you are taking.

Advil or any other types of non-steroidal anti-inflammatory medications are not recommended for the first 7 days after surgery.

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What do I do with the dressing?

- You will have a small dressing on each incision. This dressing can be removed 2 days after surgery.

When can I shower?

- You may shower 2 days after post-surgery. You can gently pat your small supportive tapes dry.
- Baths are not recommended until your incisions are healed over (5 to 7 days after your surgery).

We recommend removing the dressing after your first shower.

What can I do to help the healing process?

- Eat a healthy diet full of vitamins, minerals, and proteins.
- Drink 2-4L of water every day.
- Wear your compressive garment and follow physical restrictions.
- We strongly recommend you quit smoking before surgery.

What am I allowed to do after surgery?

- No strenuous work or heavy lifting for the first 4-6 weeks after surgery
- We encourage you to be mobile after your surgery; do not stay stationary.
- Driving is permitted if you are not taking any medication that could affect your alertness and you feel that you are able to drive safely and comfortably.

It is important to listen to your body; it will let you know when you are doing too much.

For all surgeries, we see patients on the following schedule:

- 1 week with nurse
- 6 weeks with nurse and Dr. Howley
- 6 months with nurse for after pictures
- Whenever needed



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If you experience any of these symptoms after office hours or over the weekend, please call (506)853-5164 and leave us a message (so we are aware) and then present yourself to the nearest emergency room.