



POST-OP INSTRUCTIONS – Liposuction

Liposuction, although most often is an in-office procedure, is still a surgery and will place significant stress on your body. Allow yourself the time to limit activity and avoid stressful situations for at least one week.

You may remove your compression dressings to bathe or shower 48 hours after your surgery. Yet please wear the compression dressing around the clock for 1 week except for bathing. IT may be recommended you wear the compression dressing at night for 6 weeks.

Take your pain medication as ordered - every 3-4 hours as needed. Please try to transition to regular or extra-strength Tylenol as soon as possible.

Eat regular foods after the effects of the anesthesia have worn off. This may take 24 hours.

Applying ice packs to the operative areas will help to reduce pain and swelling. You should do this for the first 36 hours following surgery. Bags of frozen peas are ideal as they will conform to the areas.

Continue taking your regular prescription medicines as before surgery.

Call the office at 248-322-3362 during regular hours for questions. If you require assistance after hours, please call the paging service at 313-745-0203 and enter pager 0978#. Follow the directions to enter your call back number and they will contact the physician on call and have him/her contact you.

Please avoid heavy activity and exercise for at least 1 week.

Avoid alcohol while you are taking pain medications and do not drive while taking any pain medication.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature:

Date: