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## Liposuction Post-Op

- **BINDERS:** You will be placed in a girdle immediately after surgery. The purpose of your binder is to help contour your skin. It should be worn continuously for 4-6 weeks except during showers. The first time you remove this garment, please have someone by your side due to possible dizziness.
- **BRUISING AND SWELLING:** Bruising and swelling are expected after liposuction and should begin to improve 48 hours after surgery. Bruising should fully resolve in 3-4 weeks. Swelling will not fully resolve for 6-9 months.
- **PAIN:** A burning sensation and discomfort at the area suctioned are expected after liposuction. Please follow instructions given to you with your pain medications. You must wait 24 hours after anesthesia or until you are no longer taking pain medications before your resume driving. This would be driving under the influence and you would endanger yourself and others.
- **ACTIVITY:** The first few days after surgery, you should rest with your feet and legs elevated; slowly increase to your usual activity level. You will not be able to resume your normal exercise routine for 1-2 weeks.
- **SHOWERING AND BATHING:** You may shower 24 hours after surgery. Water does not harm healing incisions. Strictly avoid tub baths, hot tubs, swimming pools, oceans, and lakes until the incision is completely healed and no longer forming scabs. You may use antibacterial soap in the shower, but be gentle on your incisions.
- **INCISIONS:** A few small insertion sites will be closed with one or more sutures. These sites will commonly ooze clear or red fluid. Feel free to change the gauze to these sites while they are oozing. These sites will heal in 1-2 weeks.
- **DIET:** Dr. Taylor recommends a low carbohydrate diet. No more than 30 grams of carbohydrates per day for 2-3 weeks after surgery will help your body excrete the excess fluid and swelling. This diet will help you see more defined results before 6-9 months.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chill), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**

**If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.**

I understand and have received a copy of the post-op instructions

Signature: \_\_\_\_\_ Date: \_\_\_\_\_