



## **POST LIPOSUCTION INSTRUCTIONS**

Postoperative compression garments must be worn for a total of 1 week.

Abdominal Liposuction – you must leave foam/dressing binder on for \_\_\_\_\_ days before changing dressing. You may reinforce dressing with absorbent pads.

You may remove the garment for showering - you may shower 72 hours after surgery. It is also helpful to apply an ointment (Vitamin A & D, antibiotic ointment) to incisions prior to showering for comfort. **Peel foam in the shower.**

**DO NOT TAKE A BATH OR GO SWIMMING FOR 3 WEEKS AFTER SURGERY -  
SHOWER ONLY**

**You should walk at least 1/2 hour the day after surgery, and 1 hour two days after surgery. You may then increase activity as tolerated.**

### **Dressing Changes**

1. Dressing changes must be done while sitting or lying down to avoid lightheadedness and fainting. You must also protect the surrounding area from drainage.
2. For initial dressing changes, someone must be present to assist you.
3. Remove and replace the large absorbent pads. It may be necessary to reinforce some areas of the dressing with maxi pads.
4. It is normal to have drainage for 2 to 3 days. Drainage will be significant for the first 24 hours and will then dissipate.
5. **Drainage will appear bloody. This is normal - you should not be alarmed.**
6. Protect furniture and bedding with a towel or blue pads for the first few days post-operatively.

For any concerns or questions regarding your post-operative care, do not hesitate to call the office or the answering service.