

AFTER LIPOSUCTION INSTRUCTIONS

FOLLOW UP	Please make sure you have scheduled your post-operative office appointment. I would like to see you the week following surgery and at three months for a post op evaluation.
WHAT TO EXPECT	Take it easy for the first few days following surgery. You may resume light activity such as walking or lifting light objects. You may drive when you feel capable but not under the influence of pain medication. Most patients return to work within a few days. Sex can be resumed at your discretion. Strenuous physical activity may be resumed 6 weeks after surgery.
MEDICATION	Take pain medication and antibiotics as prescribed. Avoid taking meds on an empty stomach.
GARMENT	A compression garment will be placed during surgery. This may not be the garment you ordered. After 2-4 days, you may switch to the Veronique garment. You should wear this continuously for 6 weeks. You may remove the garment to shower the day after surgery. Do not soak in the tub. Always make sure the garment lays flat against your skin and avoid crease lines. Light massaging on the area will help alleviate fluid retention.
RECOVERY	Mild discomfort is expected. If this is not controlled with your pain medication, or if you develop fever over 101 degrees, please call the office. It is normal to have drainage from the incisions for the first few days. Don't worry. Replace the band-aids / gauze as necessary.
SWELLING	For several weeks following surgery the treated areas will be swollen and may not show significant improvement. Be patient. The swelling will eventually subside revealing your new, slimmer shape.

If you have any questions or concerns, please feel free to call the office.