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Postoperative Instructions After Liposuction

PRE-OPERATIVE INSTRUCTIONS

1. If ordered, please have your cardiogram (ECG) performed as soon as possible before surgery. If it is abnormal a cardiology opinion may be required which could delay your surgery. Your blood tests should be done within 10 days of surgery.
2. Shower with HIBICLENS or Dial soap (over-the-counter) prior to surgery, paying particular attention to the surgical area. **Keep Hibiclens out of eyes.** Do not apply body creams of any kind. Please wear a button down top to the office on the day of surgery. Wear sweat pants, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewelry or panty hose.
3. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY.**
4. Please fill your prescriptions before surgery

POSTOPERATIVE INSTRUCTIONS

1. Your surgery will take approximately 2 hours, and then you will go the recovery room until you have awakened sufficiently to return home. **If you are having outpatient surgery, someone must drive you home and remain with you that day and night.**
2. Depending upon your work requirements and the area of your surgery, there will be some restrictions. We will discuss them with you. The most helpful support is the binder. You may wash it but do not put it in the dryer. Wear tight support hose while it is drying. Additional garments are available for a charge of \$75.00.
3. **If you have a custom elastic garment, it should be worn day and night for 15 days after surgery and during the day only for another 15 days.** After surgery tape may be applied to the surgical site to contour and support the tissues.
4. Stay out of the sun for 3 months. Protect all scars for 6 months. Use sun block and moisturizer as recommended by our office. Massage and ultrasound treatments may be recommended. This begins 7 days after surgery, three times a week for two weeks.
5. You may resume most of your normal activities within 2 weeks.
6. Three weeks after surgery you may resume strenuous activity such as heavy lifting, bowling, golf, tennis, swimming, running, etc., if you can tolerate them comfortably.
7. After surgery, it will be necessary to see you in the office to change your dressings the following day after surgery. The sutures and adhesive tape will be removed after 4 days. This tape is removed between 4 days after surgery. This is best done in a tepid bath with baby-oil to loosen the adhesive. Remove your garment first. You need not remove the tape. It is sufficient to soak it and then towel it dry. We will then remove it in the office using adhesive remover. You can take your pain medication 20 minutes before we remove the tape provided you are being driven home.
8. We will see you again at two weeks after surgery