

Hankins & Sohn Plastic Surgery Associates

LIPOSUCTION AFTER CARE

1. Swelling, bruising and discoloration may be present following liposuction. The amount varies from person to person. Careful attention to these postoperative instructions will help to minimize your discomfort after surgery.
 2. Plan to rest the day of your surgery. It is fine to walk at a normal pace the day of your surgery and is encouraged, but do not engage in any strenuous activity until you have permission from your doctor.
 3. You may have drainage from the incision sites for the first 24 to 48 hours. This is normal; it is the extra tumescent anesthetic solution used during your procedure. The amount of drainage varies according to the amount of liposuction you are having. Using Kotex pads over the incision sites will help to absorb the fluid.
 4. Continue drinking 4-6 glasses of water each day, in addition to other fluids of your choice. No alcohol, tea, coffee, or carbonated drinks should be consumed for at least 3 days after surgery. NO sport drinks (Gatorade), vegetable juice (V8), or other high salt drinks. Salt will cause swelling.
 5. No alcoholic beverages are allowed for several days after your surgery, or for as long as you are taking antibiotics or pain medications.
 6. Due to the sedation and drowsiness induced by the pre medications and tumescent anesthesia, the operation of a motor vehicle or other machinery is strictly prohibited for 24 hours after your procedure.
 7. You will be discharged wearing a compression garment. Wear this garment for 24 hours if you have had the SMART LIPO procedure. The morning after surgery you may shower and then it is important to put your garment back on. Have someone with you when removing the garment the first time, YOU MAY GET DIZZY. Wear your garment for 6 weeks. You may remove the compression garment to shower and wash it. NO BATHS, SWIMMING POOLS, JACUZZI or submersion in water for 10 days following any liposuction procedure.
 8. Returning to work depends on the type of work you do, your age, and the amount of liposuction you have had. For small areas of liposuction most people return to work within 1 to 3 days after surgery. Resuming strenuous physical activity will vary from person to person. Your doctor/clinician will discuss this with each individual patient.
 9. Avoid tanning for several months. Tanning can darken the sites where your small incisions were made. Do not use self tanners for 2 weeks following your procedure.
 10. Please complete the full course of your antibiotic treatment.
 11. Apply Bacitracin or Neosporin ointment to lipo sites while scabs are present.
 12. Arnica pills and cream are helpful for bruising. Fresh pineapple also helps with bruising while having several anti-inflammatory properties.
 13. For large liposuction procedures expect to be sent home with SCD's. Please wear them as instructed and return the unit when advised.
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- PLEASE MAKE SURE YOU ARE UP AND MOVING AROUND, DRINKING LOTS OF FLUIDS!
AMBULATION AND HYDRATION ARE KEY TO REDUCING RISK OF COMPLICATIONS!