

Post-operative Instructions

Activity:

- Walking is encouraged as soon as possible after surgery.
- You may gradually resume heavy lifting and strenuous exercise as you tolerate.
- Wear your leg compression devices whenever you are not up and moving around during your recovery period, including when you are sleeping at night.

Dressing and Showering:

- Drainage of liposuction fluid is normal after surgery, especially during the first 24-48 hours after surgery. It is recommended to sleep on a towel for the first 2 nights. You may reinforce incisions sites with ABD pads if necessary
- You may shower 24 hours after surgery. No baths/soaking/swimming for 2 weeks after surgery.
- Wear compression garments at all times except when showering for the first 4 weeks after surgery. After this, wear your compression garment approximately 12 hours daily OR a less compressive garment (such as Spanx) for an additional 4 weeks.

Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.

Return to office for follow-up appointments on:

Date: _____ Time: _____ (1 Week)

Date: _____ Time: _____ (2 Week)

Date: _____ Time: _____

___ Post-operative instructions have been reviewed with me.

___ I have received a copy of these instructions.

Nurse

Physician

Patient or responsible party

Relationship to patient