

Postoperative Care following Liposuction

Do not make decisions or sign legal documents, drive or operate heavy machinery or drink alcohol for 24 hours after your procedure. Be in the care of a responsible adult for the first 24 hours after your procedure.

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas.

No Smoking for as much time as possible prior to surgery, and at least 2 weeks following surgery. Nicotine causes vasoconstriction (narrowing) of vessels, which decreases the amount of oxygen and nutrients needed to heal.

DO:

- Always wear your compressive bandage for the first 5 days. You may remove it to shower. After that, you'll need to wear it while sleeping for an additional 7 days.
- Plan for a 1 week postoperative appointment to remove the sutures.
- If a **tape dressing** is placed over the suture line to help protect it, do not disturb the tapes and try not to get them wet. They will be removed during your "one week" postoperative visit.
- When **no tape** has been placed over the suture line, please follow this routine. **Six times daily** you should:
 - Saturate a Q-tip with full strength **hydrogen peroxide** from the drug store and gently bathe the suture line. Always stroke along (parallel to) the suture line - never across (perpendicular).
 - Following each peroxide treatment apply a thin layer of **over the counter ointment** (*Bacitracin, Polysporin, Neosporin*) to the suture line.
- **Shower** on the first post-operative day. You may remove your compressive bandage for this.
- **Elevate head** of bed 30-40 degrees to help minimize swelling. (Use pillows, a wedge cushion or recliner.) Sleep on your back, not on your side or stomach.
- Wear the chin strap as much as possible or until directed by physician.

DO NOT:

- Pull ear forward while cleaning behind ear

REPORT TO THE CLINIC ANY:

- Temperature elevation above 101F.
- Sudden swelling or discoloration.
- Excessive bleeding.
- Discharge from the wound edges or other evidence of infection.

- Development of any drug reaction.

REMEMBER:

- Bruising usually persists approximately 2 weeks, but in some individuals, it may take several weeks to completely subside.
- Your face will retain swelling for several months. During that time, you may notice some lumpiness, tightness, and numbness.
- As the swelling subsides so should the conditions associated with it, so be patient. Numbness typically persists for 3-6 months.
- Any discomfort you may experience can be managed with pain medication, such as Tylenol, cold compresses and rest.
- Arnica Montana helps reduce bruising and Bromelain reduces inflammation after surgery. Both are over the counter supplements that can be found in your local drug store or on Amazon.

Your post-op appointments are on:

If you have any questions please call the office @ 973-394-1815.