**Post-operative Instructions**

**Liposuction**

It is absolutely necessary to wear elastic bandages for 4 weeks after the operation.

When having chin liposuction you should wear the elastic garment for two to three weeks.

When having vulvar liposuction you should wear the elastic garment for three to four weeks.

The stitches are dissolvable.

**Regime and Rest:**

Get plenty of rest.

Follow balanced diet.

Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.

Take pain medication and antibiotics as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.

Do not drink alcohol when taking pain medications.

Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.

If you are taking vitamins with iron, resume these as tolerated.

**Activities:**

Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.

Avoid strenuous exercise and activities for 3-4 weeks.

**Incision Care:**

Avoid exposing scars to sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep steri-strips on.

Keep incisions clean and inspect daily for signs of infection.

Hair can generally be shampooed in 2-3 days.

**Undesirable Habits:**

Smoking and addictive substances slow down the healing process; they should be avoided (at least one to two months).

Possible Reactions after the Operation:

In some cases your temperature may slightly rise for a period of two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the treated area.

You should avoid sudden movements and physical strain.

It is recommended to sleep on the back for several days of the operation with the back and head slightly elevated.

Post-operative swelling and bruising is to be expected.

**When to Call:**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients’ capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.