



## POST-OP INSTRUCTIONS: LIPOSUCTION

**For emergencies occurring after hours, call (503) 499-5810.**

1. A compression garment is placed at the end of the operation to minimize discomfort and swelling, and to help contour the skin. A compression garment should be worn snugly and continuously for at least two weeks.
2. Oozing is normal from the incision sites for several days. Usually it is a thin, bloody fluid. Gauze or Maxi pads can be used to soak up this drainage over the incisions as needed. It is okay to wash them. Leg garments can be difficult to place back on during the first few days.
3. Pain varies significantly with liposuction depending on the amount and body areas that were treated. Use your prescribed pain medication as needed. Most people will not need narcotic pain relief a week or two after surgery.
4. Bruising, even significant bruising, is common around the liposuctioned areas. It is also common for the bruising to settle into areas remote from the liposuction. Most of it will fade in two to three weeks.
5. It is okay to shower and remove bandages in 2 days. Many people will experience dizziness during that first shower, so have someone nearby if necessary.
6. Your first post-op visit is usually within the first week.
7. Liposuction causes a lot of swelling. It may even seem like nothing was done since the removed fat has been replaced with this swelling. It takes three to four months for the final contour to occur. It is also common for the swelling to be cyclical — less in the morning and more in the evening as you've been up and about.
8. Numbness, itching, or a mild crawling feeling are normal in the liposuctioned areas. This typically resolves in several weeks but can last even a few months until sensation returns to normal.
9. The time to resumption of your normal activity varies. It is best to begin your daily routine as soon as possible. Your body will tell you when you are ready for vigorous exercise. It is important to walk for 15 minutes at least three times daily following your surgery. No strenuous activity is allowed until cleared by Dr. Bartholomew, but you usually can expect to be back to exercising strenuously within 4-6 weeks.

**Call our office with questions or concerns (503) 488-2345.**

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