



POST-OP INSTRUCTIONS: LIPOSUCTION AND FAT GRAFTING

DRESSINGS

- Keep your dressings in place for 48 hours after your surgery. After 48 hours, you may take the dressings down and shower.
- Do not remove skin tapes (butterfly tapes) for 2-3 weeks from your surgery or until they fall off.
- It is normal to have copious amounts of leakage from your liposuction access sites for 48 hours after your surgery.
- Wear your compression garment over your liposuction site for 6 weeks after surgery. This will help with discomfort and swelling.
- Avoid compression or ice to the fat grafting site. This can impede blood flow and decrease retention of the injected fat.

MEDICATION

- Pain meds should be taken with food to avoid stomach upset. Do not drive if taking pain meds.
- For patients with normal kidney function, we recommend taking 1000mg of Tylenol every 8 hours and 600mg of ibuprofen every 6 hours for 3 days post-op.
- Do not take vitamin E, fish oil, or garlic pills for 2 weeks after surgery.

ACTIVITY

- Please begin to move around as tolerated. During waking hours, walk around every 2-3 hours to help prevent blood clots for the first 2-3 days after your surgery.
- Avoid strenuous exercise or activity for 3 weeks after surgery.
- Employment can be resumed 14 days after surgery.
- Please do not diet or restrict calories for the first 3 weeks after surgery. We want your body in a fat storage state as opposed to a fat burning state. This will aid in fat retention.

CALL OUR OFFICE if you get a fever of over 100°F or if your incision becomes red or hot to the touch.