

Post-Operative Instructions for Liposuction

You should know that following the surgery all patients will experience some minor discomfort for several weeks. **You will find that the area you had liposuctioned is bruised and swollen and draining what you might think is an abundant amount of pinkish-clear liquid.** This is all very normal and expected. Although you should be up and about as quickly as the day of your surgery, you should avoid strenuous activity for 4 weeks. However, if your work does not involve any major physical activity, you will be able to return to work within 1 week, depending on the extent of liposuction. Immediately following the surgery, it is recommended that you prepare for at least one weekend of rest that will allow your body to replenish its energy. Immediately post-operatively, Dr. Tijunelis will typically prescribe antibiotics, and medicine for pain and/or nausea.

During the week immediately following the surgery, you will wear a comfortably tight binder or garment. This must be worn continuously (night and day) for 4 weeks to help your body adjust to its new changes. To speed up the recovery process, it is recommended that you follow these steps during the first week following your liposuction:

- It is **very important** to wash and clean your incisions in the shower **DAILY**. Change saturated dressings daily and as **often as needed**. Avoid removing the garment as swelling will increase in the first week following liposuction. Dr. Tijunelis will instruct you on when to change the garment.
- Avoid any physical activity that could stretch your skin away from your muscles.

Typically, you will be able to return to your regular social activities within days following the procedure. We recommend that you limit physical exercise for 4 weeks. It is also advised that you wear a fitted garment on your cosmetically contoured areas night and day for 4 to 6 weeks. By following these instructions, you will help ensure that you are receiving your best cosmetic result.

PLEASE CALL OUR OFFICE if 1). there seems to be thicker, red blood on your dressing (as opposed to the normal clear-pinkish clear drainage) which does not stop, 2). if pain becomes worse and not better, 3). if redness or actual pus begins to drain through incisions (this can happen between 4-7 days) or 4). if you have a fever >100.5 degrees.

If you have any questions or concerns, regardless of whether it is after normal office hours, **please call our office at (847) 968-2401.**