



Liposuction Post-Operative Instructions

Dr. Saldaña

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest.

Follow a 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 as prescribed. **Do not take Ibuprofen, Aspirin or any products containing aspirin unless approved by your surgeon.**

Do not drink alcohol when taking pain medications.

Do not smoke, as smoking delays healing and increases the risk of complications.

What should my activity level be?

You may shower 48 hours after surgery

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

Do not drive until you are no longer taking any pain medications (narcotics).

Discuss your time off from work with your surgeon; this varies according to surgery.

Activities involving the affected sites should be minimized for approximately 2 weeks.

Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.

How do I take care of my incision?

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.

No tub soaking while sutures are in place.

You will be discharged wearing a pressure garment over the treated area.

Most patients will wear pressure garment for 2 weeks.

Wear pressure garment 24 hours per day for 2 weeks.

After showering, reapply pressure garment.

What can I expect to feel?

The small incision sites will be covered with a stern strip to protect these areas.

Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 6 months or more.

Expect temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, pain and discomfort.

May have fluid drainage from incision sites.

May feel stiff and sore for a few days.

Bruising may be apparent beyond the areas of liposuction, partially due to gravity.

A healthy diet and regular exercise helps to maintain your new figure. What follow-up care will I receive?

Any sutures are removed 7-10 days after surgery.

When should I call my doctor?

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 an oral temperature over 101 degrees.

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.

Who should I call if I have questions?

(218) 215-8990 Monday - Friday, 8:30 a.m. – 4:30 p.m.

After hours and on weekends you can call this same number. If it is an emergency please go to the Emergency Room and they will contact Dr. Saldaña.