



Post-Operative Liposuction

- 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 the sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- If you have steri strips on do not remove them.
- 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 the pressure garment for 10-14 days. Wear the pressure garment for 24 hours per day for 10-14 days.
- After showering, reapply pressure garment.

What can I expect to feel?

- The small incision sites may be covered with a steri 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.
- Fluid drainage from incision sites is to be expected and can even soak through the garment.
- 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.
- Any sutures are removed 7-14 days after surgery.

When should I call my doctor?

- If you have increased swelling or bruising.
- 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 101.0 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.

Who should I call if I have questions?

Call the office at (218) 215-8990.

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