

Liposuction Post-Operative Care

- When you arrive home, take your antibiotics and pain medication as prescribed, a certain degree of pain and swelling is normal after surgery.
- Over the counter pain medication such as Tylenol, Aspirin, Alleve, and Motrin are all safe to resume if you previously stopped them before surgery.
- Avoid cold or hot compresses.
- Wear the compression garment as much as possible until you come in to see your surgeon for a post-op appointment.
- You may remove the compression garment to shower or bathe. You can machine wash the garment but do not put it in the dryer, let it air-dry.
- You may shower two days after surgery, you may get the area soapy and wet. Pat Dry with a towel.
- If you do not feel comfortable showering a sponge bath is fine.
- Your incisions and sutures are protected by a small bandage. Leave this bandage on. If it comes off, you may re-cover the incision with a normal band-aid.
- We encourage patients to walk after surgery, whether it is outside or in your home. Restrain from vigorous exercising until you come in to see your surgeon at your post-op appointment.