



Patient Name _____

Date _____

POST OPERATIVE INSTRUCTIONS AFTER LIPOSUCTION

Michael Olding, MD
Chief, Division of Plastic Surgery

Next Appointment

Date: _____

Time: _____

1. Dressing Care

- Leave compression garment and dressings in place until instructed.
- Will experience reddish colored fluid draining from the incisions. Nurses will dispense chux for protection of your bed linen. (24-48 hours).
- May shower when instructed.

2. Activity Restrictions

- Avoid strenuous activity, no heavy lifting, no bending for 2 weeks.

3. Diet

- No restrictions on eating.

4. Medications

- Take prescribed pain medication as needed.
- **DO NOT TAKE ANYTHING** with aspirin or aspirin like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

5. What to Expect

- Compression garment is to be worn up to 6 weeks.
- You may experience some pain, burning, swelling, and bleeding for the first several days. Some swelling may last up to 6 months.
- You may experience stiffness, soreness, and bruising. If increased bruising after 7-10 days, please notify the office.
- You may experience increased urination the first 24 hours after surgery.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202 741-3241** or the plastic surgery fellow on call at 202 715-4141.

MEDICAL FACULTY ASSOCIATES

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