

# LIPOSUCTION POST-OP INSTRUCTIONS

## ACTIVITY

- No hot tubs or tub baths until instructed by physician (typically 4 weeks).

## DRESSINGS

- You will have a compressions garment on that should not be removed for the first week. You should wear this for 24 hours a day except for when showering until further instructed by your physician.
- Your compressions garment should be worn as much as possible for the next 4-6 weeks.
- The garment can be washed but should be air dried.

## WHAT TO EXPECT?

- Significant bruising and moderate swelling especially for the first few days. Pain & soreness for 2-3 weeks.
- Drainage from the incision points for the first 24-48 hours. You may lightly tape gauze over the incisions. You may want to sit on an absorbent pad to protect your furniture. (Clean towels, garbage bags, or shower curtains work too).

**AFTER HOURS ON-CALL NUMBER: 423.756.7134**

REFINEDLOOKS

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