

LIPOSUCTION (Local Anesthesia)

When you arrive home, you should rest as much as possible. Start your antibiotic medication right away. Pain should be minimal, however, if needed you may take the pain medication we prescribed for you. **DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING MEDICATION for one week following your procedure.** You may take Ibuprofen, Motrin, Advil, Aleve or Tylenol.

Some swelling is normal as is drainage from the bandaged areas. You will be given gauze pads to take home in order to apply clean bandages to the incision areas. **IT IS IMPERATIVE THAT YOU INCREASE YOUR INTAKE OF FLUIDS THE FIRST DAY** and a light diet low in salt. You may resume your normal diet the second day, although now is **NOT** the time for a **CRASH DIET**. You will need protein for healing.

For patients having only Liposuction of the neck and chin, you should wear the neck garment as much as possible for the first 2 weeks including while you sleep. Use the provided gauze as padding under the neck wrap. Shower the day after surgery and then put the neck garment back on. For all patients having body liposuction, the following day after surgery you may shower (**NO** baths for one week. Remove the pressure garment, wash and dry it and put it on immediately after your shower. The pressure garment should be worn at all times and removed only to shower or launder. You will continue to wear this first stage garment for about two weeks, thereafter you may purchase a second stage smaller compression girdle/garment from the office, Amazon or a department store. Spanx®, which may be purchased at Dillard's, Victoria's Secret and on-line work well. For male patients a tight fitting Under Armour® shirt is appropriate. You will need to wear this second stage garment for the next 4 - 6 weeks as much as possible.

The surgical areas will be slightly bruised and hard after your surgery. This will gradually resolve and soften again. Bruising should subside within ten days. Normal physical activity can be resumed in 2-3 days; however, strenuous activity should be avoided for at least two weeks and possibly up to six weeks. Please ask our permission to do so. No swimming in the ocean or pool for one week.

Please remember to wear your body pressure garment at all times for the first 6 weeks. **Should you have additional questions, please do not hesitate to contact the office at 813.971.2000. After hours you may call the answering service directly at 813-502-4738.**