

## LIPOSUCTION

### PRE-OPERATIVE INSTRUCTIONS

- ❖ Prepare your home for your post-surgical needs. You will have drainage from each area where an incision is made, and you will need to protect linens and furniture. This drainage will subside in 24 – 48 hours.
- ❖ You will need to purchase compression garments before surgery, and bring them with you on the day of surgery. Information on purchasing these garments will be given to you at your pre-operative appointment.
- ❖ Everyone recovers from liposuction procedures at their own rate and you will need to make appropriate accommodations for childcare and work with this in mind.

### POST-OPERATIVE INSTRUCTIONS

- ❖ After liposuction, you will be wearing the zippered compression garment. For the first few days, the zippered garment will be worn at all times (including showering). After the first few days, you can remove the zippered garment for showering and laundering, but you will continue to wear it at all other times for 2 weeks. Then, you will switch to the non-zippered garment and wear it during the waking hours for the next 4 weeks.
- ❖ Bruising and swelling in the operative areas is normal. Bruising will begin to fade within a few days and may last for 10 days to 3 weeks. All swelling takes about 4 months to resolve.
- ❖ There will be numbness in the areas treated that can last up to 6 months.
- ❖ After liposuction, it is common to feel lumpiness beneath the skin. This is completely normal, and will resolve over time.
- ❖ You should wait 2 – 4 weeks to engage in exercise depending on your individual tolerance.
- ❖ [Endermologie](#) and “lipo rolling” are highly recommended after liposuction to ensure optimal results.