

POST-OPERATIVE INSTRUCTIONS FOR Liposuction and Abdomnioplasty:

• Position:

Although there are no specific limitations with regard to sitting or sleeping positions, you may find a gently reclined position with lower extremities elevated most comfortable. Please avoid positions where waist and knees are overly bent, e.g., sitting cross-legged on floor. Also, avoid prolonged standing as this would worsen lower extremity swelling.

• Activity: The compression garment acts to minimize post-operative swelling and bruising. To maximize results of your surgery, you should wear this garment at all times unless otherwise instructed. The garment should fit snugly but should not feel tight or uncomfortable. Contact our office immediately with any questions regarding your post surgical garment. In most situations, the compression garment will be worn for a total of 4 to 6 weeks post-surgery.

• Showering and Bathing:

Do not shower or remove your pressure garment until your first post-surgery office visit. After that visit, you will be allowed to remove your pressure garment as needed to shower. Do not bathe until sutures are removed, usually one week post-surgery.

• Sutures:

Your sutures will be removed approximately 7 to 10 days post-surgery. Leave steri-strips in place unless otherwise instructed.

• Exposure to Sunlight:

Surgical scars take at least one year to mature and fade away. During this entire time, you should protect your surgical scars from exposure to sunlight. Although clothing is helpful in protecting the skin, sunscreen with a skin protection factor (e.g., SPF-30 or higher) should be worn at all times when exposed to sunlight.

• Exercise:

You may be up and about immediately after surgery. Activities should progress within the first few days and you may begin to take gentle walks during this time. **No lifting greater than 10 pounds for several weeks!** Strenuous activity or physical exercise should be avoided until otherwise instructed, generally not until 4 to 6 weeks post-surgery. As a rule, you may drive when driving does not cause discomfort; this is usually 5 to 7 days post-surgery. Please remember your ability to drive is compromised while taking pain medication. Driving is not recommended as long as you require pain medication.

• Diet:

Please resume your regular diet as soon as you feel comfortable in doing so. Please remember that salty foods and alcohol will increase swelling and these should be avoided during the first few days post surgery.

As always we encourage you to call our office with any questions or concerns! 440-205-5433.