



## Liposuction Discharge Instructions

- Keep your incision dry. Sponge baths only until cleared by physician. You may shower after 3 days.
- Do not remove stitches or steri-strips. They will be removed in the office when you come for your follow-up appointment.
- Keep abdominal binder on at all times until further instructed by physician. It needs to be snug but not so tight you can't breathe.
- No driving for one week and at least 24 hours after taking last pain medicines.
- You may resume eating and drinking after discharge. Start off slow and drink plenty of fluids.
- While you are on pain medicine you will tend to get constipated so take something to prevent this, including:
  - A. Colace – 100 mg twice a day
  - B. Metamucil
  - C. FiberCon
  - D. Miralax
- Get up and walk around the house once an hour and move feet/legs while in be/recliner to promote circulation and help prevent blood clots.
- Do not take aspirin or aspirin-containing products for one week after surgery. (Examples: Motrin, Ibuprofen, Advil, Aleve)
- Do not exercise for 6 weeks. No bending, lifting, pushing, or pulling. It is okay to do light walking.
- Call if you experience significant abdominal swelling, one leg significantly more swollen than another, or have difficulty urinating.
- You may develop a lump and/or redness at your IV site. If so, apply a warm compress (cloth soaked in warm water) to the area. If this develops and does not improve within 24 hours, call the number listed at the bottom of this page.

Problems rarely occur following this procedure. However, if any of the following occur;

**-Temperature above 101.0 degrees**

**-Increased bleeding from incision site**

**-Increased pain**

**-Operation site redness**

**-Excessive Drainage**

Please call: **469-325-2073**

I acknowledge receiving the above instructions and understand the explanation of these instructions.

Patient: \_\_\_\_\_

Escort: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_

Date: \_\_\_\_\_