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POST-OPERATIVE INSTRUCTIONS FOR TUMESCENT LIPOSUCTION

1. You should be on bed rest for the first day. You may get up to use the bathroom as needed. Wiggle your toes and feet to prevent blood clots in your legs.
2. Begin eating light meals and progress to a regular diet as tolerated.
3. Continue taking antibiotics as prescribed.
4. Take any pain medication as prescribed.
5. Keep incision sites dry for 48 hours, after which time you may shower.
6. No baths or hot tubs for one week.
7. Beginning the day after surgery; cleanse the incision sites with hydrogen peroxide, apply antibiotic ointment, and cover with a band-aid. This should be done daily for 7 days.
8. You should expect some blood tinged drainage from the incision sites- this is normal. I inject twice as much fluid compared to what is removed. Please sleep on a towel or puppy pads the first night.
9. Please call the office if you develop any of the following symptoms: *redness, swelling, severe pain, cloudy drainage, shortness of breath, or dizziness*.
10. You should wear your garment continuously for 8-12 weeks and remove it only when showering or bathing.