

Post operative instructions for liposuction

- A pressure type elastic garment is worn for the initial 48 hours and should not be disturbed – this dressing supports the newly positioned tissue and helps to minimize swelling.
- Avoid activity (straining, exercise, etc) that will elevate blood pressure, as this will delay healing by increasing bruising and swelling.
- Minimize excessive movements in the surgical area for the first week, but maintain muscle tone by static exercising, followed by dynamic exercise after 7 days.
- Suture removal at 7-10 days will allow for close surgical site inspection
- Some form of elastic dressing must be worn for two weeks 24 hours a day, then only at night for an additional two weeks.
- Minimal bruising occurs and generally subsides within 2 to 4 weeks; swelling in the operated area can take up to 6 months to go away, thus be patient as your newly contoured body takes form.
- Early studies indicate that patients who diet during healing (6 months) are prone to getting better results than those who do not.
- Minimal irregularities in the surgical area are expected between 1 and 3 months, but with time and mild massage this will invariably settle.
- The skin tightness and sensation decrease in the area will settle gradually in the six months following surgery.
- Ultimately it takes 1-2 years for skin to smooth completely in the area of liposuction, and sometimes local injections may be required to help smooth sooner.