

BEVERLY HILLS WELLNESS SURGERY CENTER, LLC LIPOSUCTION POST OPERATIVE INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Early ambulation is important after surgery; you may start walking lightly 1 day after your surgery.
3. You may go to the bathroom with assistance as needed.
4. Take your medications according to the specific written instructions that have been provided.
5. You can expect the following:
 - You will likely have significant drainage (which is a combination of tumescent fluid and blood) from the incisions for the first 12-24 hours after surgery. Do not be alarmed, as this will resolve by itself.
 - You will be fitted with a post surgical garment and foam compression pads to give you added support. This garment usually has to be worn night and day for 5 weeks after surgery, except when showering or when laundering it. It is not uncommon to have moderate bloody drainage on your garment the 12 to 24 hours after surgery.
 - Moderate to severe swelling and bruising of the suctioned areas. Do not be alarmed as most bruising resolves within 2 weeks and swelling may take up to 3-5 months to resolve completely.
 - The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
6. **You can shower 48 hours after surgery.** Remove the garment and discard any gauze dressings and foam pads from the suctioned areas. Do not remove the surgical tape from the incision(s). After the shower, replace the garment.
7. Avoid any heavy lifting (greater than 10 pounds), strenuous exercise, pushing for 3 weeks after surgery. After this, you can gradually increase your activity.
8. Avoid direct sun exposure / tanning of the incision(s) for several months after surgery.
9. A liquid diet is recommended for the first day progressing to a regular diet over the first 24 hours.
10. Do not drive a car until your physician has given you permission to do so.
11. Avoid smoking and alcohol for 2 weeks after surgery.
12. Contact our office at (310) 385-9623 if you experience any of the following:
 - Severe pain not responding to the pain medication.
 - Marked swelling of any of the suctioned areas, fevers, chills, or excessive bleeding.
 - Shortness of breath, chest pain.

Patient Signature

Date

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