

# Plastic Surgery of Texas

## Ben J. Tittle, M.D.

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### Post-operative Instructions For Liposuction

The following list is a guideline of instructions for post operative care. We will go over all of these at your pre-operative visit, and any special instructions you may need as each patient and surgery is unique. Please, always ask if you have any questions.

1. Make sure that you eat something before taking any of your medications to avoid an upset stomach. You may also want to take stool softeners as the anesthesia and pain medication can cause constipation.
2. You will have a compression garment that you will wake up in. There will be some foam padding inside the garment that you may discard 48 hours after surgery. You may shower 48 hours after surgery as well, no baths please. You need to wear some form of compression 24 hours a day for 1-2 weeks following surgery. After the first 2 weeks you will want to wear your garment 12 hours a day for the next few weeks and when you are doing any strenuous activity.
3. Depending on the area or areas you have had liposuction you will have very small incisions that may drain red tinged fluid, this is normal and should not last more than a day or two. Please do NOT use any ointment on you incisions.
4. You will have swelling that will increase and decrease for several months. There are many different factors that affect this for example, hormones, salt intake, and activity. All swelling usually resolves in about 4 to 8 months.
5. We ask that you refrain from any exercise or work-out regimen for 2 weeks. You can walk around and do activities of daily living, but please do not do any thing that will raise you heart rate for an extended period of time. You will be able to resume exercise after the 2 week post-op period is over, listen to your body and start out slowly with a gradual increase back to your normal regimen.
6. You will have multiple follow-up office visits. These are so that Dr. Tittle can monitor your progress and so that you will be able to ask any questions you may have through out the recovery process. If you ever have any concerns or questions please call the office we are happy to assist you in any way.