



LIPOSUCTION

After Care Instructions

- After surgery, it is important to have someone available to stay with you for the first 24-48 hours, as you will feel very weak and drowsy. You may require help the first few times you get out of bed.
- It is important to be out of bed and walking early and frequently. Move your legs and ankles when in bed. Keep legs elevated above the level of your heart when not walking for the first 2-3 days. Please do not cross your legs as this can increase the risk of blood clots.
- If you have discomfort/anxiety, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking pain and/or anxiety medication.
- If you are having pain which is NOT relieved by the pain medication, call Dr. Sorokin at 856-797-0202.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a bland regular diet the next day.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 10 lbs. (approximately the weight of a gallon of milk). After the 2nd week you should gradually increase your activity so that you are back to normal by the end of the 3rd week.
- The girdle must be worn AT ALL TIMES for SIX WEEKS. This will be reduced to 12 hours a day (either day or night) for another TWO weeks for a total of EIGHT weeks of compression.
- The body retains fluid in response to surgery so do not expect to see any immediate weight loss for 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than in a decrease in pounds.
- Swelling and bruising are normal following liposuction. Bruising could be apparent for as long as 3-4 months after surgery. The bruises will move down your body and change color as they are absorbed.

- Massage to the surgical sites will help increase circulation and alleviate the firm areas felt underneath the skin. Massage can begin 2-3 weeks after surgery.
- It is normal to have an itching sensation and /or numbness following surgery in the areas that underwent liposuction. This will gradually subside over the next 2-6 months.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 5 lbs. (approximately the weight of a gallon of milk). You may resume sexual activity after 3 weeks. Increased heart rate and blood pressure before three weeks can cause bleeding.
- It is good to walk for 15-20 minutes 2-3 times a day.
- All incisions will be extremely sensitive during the healing phase. Direct sun is to be avoided. When going out, even on cloudy days, use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- **If you develop a fever (oral temperature greater than 101 degrees), shortness of breath, redness, or increased pain or swelling at the surgical incisions, or calf pain please call Dr. Sorokin at (856) 797-0202. If in doubt, call us!**

MASSAGE THERAPY

Massage therapy can be beneficial following liposuction surgery beginning 3 weeks after the procedure.

Suggested therapy is 2-3 times per week for 3-4 weeks. This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with liposuction.