**Post-Operative Instructions**

**Liposuction**

Please read the instructions carefully. Should questions arise during your recovery, please use the contact information at the bottom of the sheet.

Please watch the following video regarding what to expect after your liposuction procedure: <https://www.youtube.com/watch?v=HNRcHf6z3Bc> OR **Holistic Liposuction Aftercare** on YouTube.

**Immediately after surgery**

* Leave the surgical compression garment on until instructed otherwise. This will decrease the risk of seroma (collection of fluid) formation on the postoperative period.
* Limit lifting, pulling, or pushing for at least 10 days.
* Sponge baths may be used for hygiene for the first 2 days. Showers are allowed 48 hours after surgery. After the shower, pat the incisions dry and apply antibiotic ointment.
* Do not use the bathtub until instructed by the surgeon. This may be up to 2 weeks.
* Do not use a hot tub for 4 weeks.
* No smoking for 3-6 weeks and no alcohol 1 weeks after surgery.

**You can expect**

* NO sutures will be placed. Drainage will ooze from the incision sites, requiring the use of puppy pads extensively the first 3-5 days after surgery.
* The drainage on the dressings will be blood-tinged and may change color as healing continues.
* Moderate discomfort, which should be relieved by the pain medications.
* The greatest discomfort to be in the second 24 hours after surgery. Ambulate regularly to help with discomfort.
* Moderate swelling and bruising around and below the treated area.

**As times goes by and you are healing, the following guidelines apply**

* Additional recommendations from your surgeon on how long to abstain from intercourse, and recommendations regarding pelvic rest.
* You will be able to return to nonstrenuous work approximately 2 to 4 weeks after surgery.
* Approximately 4 to 6 weeks post op, strenuous activity will be allowed.
* Scars will flatten and fade between 3 months and 2 years after surgery.
* It is very important that the compression garment be worn exactly as instructed during the post operative period.
* If you have a drain, no showers until the drains are out (2 days after the drains come out) if no drains, you can shower 2 days after the procedure.

**Call the office if you experience**

* Severe pain not responding to pain medications.
* Excess swelling or swelling that is greater on one side than the other.
* The bandages seem too tight.
* Incisions that appear to be opening or becoming very red, hot to the touch, or containing pus.
* A fever above 101 Fahrenheit.

**Call the office at (703) 255-4922**

**AFTER HOURS you may reach Dr. Yousefi at 703-969-0637**

**For Emergencies Call 911**