

August Plastic Surgery Associates
Dr. Chris Ewart
Liposuction Post-operative Instructions

Activity: You need to rest for the first 24 hours after your surgery. You may get up to take care of your needs but nothing more. After 24 hours you may begin to increase your exercise as tolerated, but nothing strenuous. The duration of discomfort will depend upon the size of the treatment area and your response to pain.

Dressing: You will be required to wear a compression garment over the areas treated. This will help the skin re-adhere to the underlying tissues and aid in reducing swelling. You will notice some areas of drainage where the incisions were made. This is a normal part of the healing process. The area that was treated will need to be elevated as much as possible during the recovery period. Once you are allowed to remove the dressing you can wash it in the washing machine, but do not put it in the dryer. This will cause it to shrink. The longer the garment is off, the harder it will be to put back on due to swelling

Bathing: You may remove the garment only briefly to sponge bathe or use the restroom. Keep in mind you may need assistance doing so. Aside from that, the garment should not be removed until your physician has advised it is okay to do so. Once you have been advised by your physician, you can shower normally.

Postoperative Office Visits: Your first appointment will usually be 2-5 days after surgery. Dr. Ewart will let you know when you should make your next follow up appointment at this visit. Should you have any questions in between visits, please contact the office.

Driving: You can drive once you have stopped taking all prescription pain medication, feel comfortable in a sitting position, and are able to turn the steering wheel.

Exercise: During your first postoperative week, activity should be kept to a minimum. Light exercise may begin in one week if the pain has subsided. Most patients can resume their normal exercise habits in four weeks. Any activity that increases pain should be stopped.

Complications: All patients will have some bruising and swelling after liposuction. This is not a complication. Do not become alarmed if the bruising appears excessive. It can take some time to subside. Please contact us if you have foul smelling drainage, fever > 101° F and/or chills, excessive warmth or tenderness of treated area, or pain that is not responding to medication.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.