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Liposuction Post Surgery Instructions – Dr. Klok

After your surgery

- Leave all dressings in place until you have your first post-operative appointment.
- Make sure that dressings stay dry and clean
- Wear the surgical garment or binder day and night for the first 4 weeks. It may be removed for laundering and for bathing after the dressings are removed. It can also be adjusted to your comfort (it should not be too loose or too tight, but snug)
- Do not lie in bed for long periods of time after surgery. You should be up and walking around the day of surgery. Gradually start to walk more and more over the first week post surgery.
- No running, workouts, or lifting over 10lbs for **four** weeks after surgery.

Things to expect after surgery

- Swelling, tenderness and bruising in the surgical areas post surgery is normal. The bruising can also track downward over the week and that would be expected.
- It is normal for the liposuction skin to feel numb. Much of the sensation will return over time (6-12months).
- The liposuction areas can feel quite swollen and firm for the first month. This will settle over 3-6months post surgery.
- The dressings will be removed in the surgeon's office within the first week after surgery. Please leave the dressings in place until you see your surgeon.
- You will have steri-strips over the incisions that will stay in place after the dressings are removed. These will peel off on their own.
- You can shower over the steri strips after the first dressing are removed. However do not immerse the incisions in a bath, pool, hot tub or any other sitting water for 3 weeks post surgery.
- After the steri-strips fall off, apply the scar Vaseline on the small incisions twice daily for the first several months. This will keep the incisions well moisturized.

Reasons to call the office (604-281-3866 during office hours) or go to the emergency department (after hours):

- You will have some redness right around the incisions, which is a normal part of the healing process. However, if the redness starts spreading and the incisions becomes very tender, seek medical attention.
- If you develop significant increasing pain after surgery that is different than the post surgery pain/tenderness, seek medical attention.
- If you develop chest pain or shortness of breath, seek medical attention.