



MFAS

MICHIGAN FACIAL AESTHETIC SURGEONS

Look
as Good
as
You Feel

LIPOSUCTION

POST-OP INSTRUCTIONS

Remember: Liposuction is a serious surgery and will place significant stress on your body. Allow yourself the time to limit activity and avoid stressful situations for at least one week.

Do's

- ▶ You may remove your compression dressings to bathe or shower 48 hours after your surgery.
- ▶ Take your pain medication as ordered - every 3-4 hours as needed.
- ▶ Eat regular foods after the effects of the anesthesia have worn off. This may take 24 hours.
- ▶ Applying ice packs to the operative areas will help to reduce pain and swelling. You should do this for the first 36 hours following surgery. Bags of frozen peas or corn are ideal as they will conform to the areas.
- ▶ Continue taking your regular prescription medicines as before surgery.
- ▶ Call the office or your doctor for any questions or problems you might have.

Don'ts

- ▶ Avoid heavy activity and exercise for one week.
- ▶ Avoid alcohol while you are taking pain medications.
- ▶ No driving while taking any prescribed pain medication.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature

Date