



HELPFUL HINTS AFTER LIPOSUCTION SURGERY

1. Drink lots of fluid. Be sure to drink plenty of juices – especially the clear juices - for hydration. Flexible straws or large water bottles with straws help with drinking while in bed.
2. Be sure to get up and walk to the bathroom several times a day.
3. You will get progressively more swollen for the first three days after surgery. Bruising can last for up to 3 weeks.
4. Use lots of pillows while in bed – elevate your head, use one behind your knees and one at the base of your back.
5. Consider mouthwash to rinse the mouth. You may not feel like brushing your teeth in the first few days after surgery.
6. You will need help when showering for the first time after surgery. Consider a hand-held shower head in your shower stall, and a sturdy plastic shower chair.
7. Have soft foods and water readily available – protein shakes, pureed applesauce, oatmeal, yogurt.
8. Be sure to have all your medications available before your surgery, and review their instructions. You may need a stool softener or laxative as the pain medications can make you constipated.
9. You may want to have baby wipes handy to freshen up after going to the bathroom because you will be in your garment for weeks after your surgery.
10. Consider using a daily multivitamin for the first few months after surgery as your body heals. Be sure to avoid concentrated herbal supplements and vitamins that you were advised to avoid before surgery. Ask your physician when you can resume any others.
11. Keep your feet and legs elevated when not walking after surgery. Ideally your feet should be at the level of your hips or higher. T.E.D. or Mediven Anti-Embolism Stockings (18mm/Hg Compression or greater) are very supportive and comforting, especially after liposuction of the legs. Be sure they are fit appropriately.
12. You can expect some drainage and even mild bleeding after surgery. This can stain your clothing and bedding. Most of this stops after the first 24 hours. Use two sets of old sheets on your bed, and have plenty of pillows for support. Old towels are helpful. Have additional bandages and a back-up support garment if indicated. Call us if the drainage is more than expected or if you have any questions about it.