

LIPOSUCTION

After Care Instructions

- After surgery, it is important to have someone available to stay with you for the first 24-48 hours, as you will feel very weak and drowsy. You may require help the first few times you get out of bed.
- It is important to be out of bed and walking early and frequently. Move your legs and ankles when in bed. Keep legs elevated above the level of your heart when not walking for the first 2-3 days. Please do not cross your legs as this can increase the risk of blood clots.
- If you have discomfort, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking pain medication.
- If you are having pain which is NOT relieved by the pain medication, call Dr. Kerr 512-244-1444
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a bland regular diet the next day.
- Excessive and strenuous activities should be avoided for 3 weeks. Do not lift more than 10 lbs. (approximately the weight of a gallon of milk). After the 2nd week you should gradually increase your activity so that you are back to normal by the end of the 6th week.
- The girdle must be worn AT ALL TIMES for SIX WEEKS.
- The body retains fluid in response to surgery so do not expect to see any immediate weight loss for 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than in a decrease in pounds.
- Swelling and bruising are normal following liposuction. Bruising could be apparent for as long as 3-4 months after surgery. The bruises will move down your body and change color as they are absorbed.