



Liposuction Post-Operative Instructions

Dr. Waqqas Jalil | 7 St Thomas St, 208, Toronto ON

Your guide to a smooth and confident recovery

Nursing phone number: 437-494-3536

Outside of business hours, texting is available on the nursing line. For emergencies, please go to your nearest emergency room.

Overview

The following after-care information is designed to make your recovery safe, comfortable, and uneventful. Please read these instructions carefully before and after your procedure. If anything is unclear, contact our office — our team is here to support you every step of the way.

Dressings & Wound Care

- After surgery, you will have small **clear Op-Site dressings** over each liposuction entry point.
- Keep all dressings **clean and dry until your first post-operative visit**.
- The gauze beneath the plastic may become **saturated with pink or blood-tinged fluid** — this is normal.
- At your first visit, the Op-Site dressings will be removed, revealing small **steri-strips**. You may shower normally over these.
- All steri-strips will fall off naturally and should be fully removed by **2 weeks**.
- Stitches, if visible, dissolve and fall out on their own.
- Once tapes are off, begin **scar cream** twice daily for 2–3 months.
- If any area continues to drain, clean with mild soap 2–3 times daily, apply **Polysporin**, and use scar cream only once the skin is fully dry and closed.
- Avoid submerging the areas (baths, hot tubs, pools) for **4 weeks**.

Compression Garment

- You will wake up wearing a **compression garment**. This reduces bruising, swelling, and helps the skin re-drape smoothly.
- Wear it **day and night for 3 weeks**, then **during the day only for another 3 weeks**.
- The garment may be machine-washed; hang dry or tumble on **low/no-heat**.
- A second garment may be helpful for comfort and hygiene.

Pain & Medication

- Discomfort is usually mild to moderate, similar to post-workout soreness.
- Medications may include:
 - **Tylenol Extra Strength** – every 6 hours
 - **Celebrex (Celecoxib)** – every 12 hours for the first 3 days
 - **Hydromorphone** – as needed (no more than every 6 hours)
- Take Tylenol and Celebrex regularly; use Hydromorphone only if required.



- All narcotics cause constipation. To prevent this:
 - **Colace 200 mg twice daily**
 - **Milk of Magnesia 15–30 cc at bedtime**
 - Drink plenty of fluids + eat fibre-rich foods
 - Pain medications may be stopped when you are comfortable.
-

Bleeding, Bruising & Swelling

- Clear/ yellow leakage from liposuction sites is normal and not a sign of infection, simply clean and redress area.
 - If you notice a foul smell combined with a thicker discharge from the liposuction areas, this could be infectious, contact us immediately.
 - Minor bleeding or drainage from incision sites is normal for the first 24–48 hours.
 - Bruising varies widely; some patients bruise minimally, others more significantly.
 - Bruising lightens over 2 weeks and may appear to “spread” as it fades — this is normal.
 - Asymmetry between sides is common during early swelling.
 - **70% of swelling resolves by 6 weeks**, with the remaining 30% gradually improving over **9–12 months**.
-

Arnica (Optional)

- Arnica may reduce bruising duration:
 - **Oral pellets:** Start 2 days pre-op, continue 3–5 days after surgery.
 - **Topical gel:** Begin once gentle massage is comfortable; apply **around**, not on, incisions.
 - Store the gel in the fridge for added soothing effect.
 - Do *not* use Arnica if you are allergic to **daisy-family plants**.
-

Fever & Infection

- A low-grade fever ($\leq 37.8^{\circ}\text{C}$) the day after surgery is common due to mild lung congestion after anesthesia.
 - Take deep breaths and cough gently to clear your lungs.
 - Contact us if you notice:
 - Increasing redness
 - Warmth or swelling around an incision
 - Foul-smelling drainage
 - Worsening pain
 - Severe symptoms require urgent evaluation at an emergency department.
-

Scar Care & Massage

- Begin scar gel and **gentle massage** once steri-strips are removed (usually 10–14 days).
- After 1 week of gentle massage, progress to **firm circular motions** along incision lines.



- Avoid tanning new scars for **6 months**.
- Silicone sheeting may be used if scars remain red or raised after 6 weeks.

Massage of Liposuction Areas

- Begin **gentle circular massage** of the treated areas **1 week** after surgery.
- After **2 weeks**, massage can become more firm and vigorous.
- Use a moisturizer or Bio-Oil and spend **at least 5 minutes once a day for 6 weeks**.
- This helps smooth firmness, reduce lumpiness, and accelerate contour refinement.

Mobility & Activity

- Begin light walking **the day of surgery**; avoid prolonged bed rest to reduce blood clot risk.
- Avoid heavy lifting, elevated heart rate, or strenuous exercise for **2 weeks** to prevent bleeding.
- Most activity may resume at **2 weeks**.
- Full exercise can typically resume by **3 weeks**, although swelling may temporarily increase after workouts for several months.
- Do not drive for 24 hours after anesthesia or if mobility is restricted.

Tanning

- Avoid tanning or sun exposure over bruised or scared areas for **6 months**, as this can cause permanent darkening.
- Use SPF or clothing protection if exposure is unavoidable.

Emotional Recovery

Feeling tired, swollen, or emotionally low in the first week is very common. This improves steadily as swelling settles. Most patients begin to appreciate early contours by **3–4 weeks**, with continued refinement over the next several months.

When to Contact Us

Please contact **Aspect Plastic Surgery** if you experience:

- Pain not controlled by medication
- Rapid swelling in one area
- Redness, warmth, or foul drainage
- Fever > 38°C
- Shortness of breath, calf pain, or chest pain

If urgent and our office is closed, please go to **North York General Hospital Emergency Department** or your nearest emergency facility.