



## Liposuction Post-Operative Instructions

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*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.

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### 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**.

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### 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.

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### 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.

# Aspect

- 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.

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## 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**.

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## 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**.

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## 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.

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## 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.

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### Massage of Liposuction Areas

- Begin gentle **ircular 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.

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### 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.

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### 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.

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### 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.

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### 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  $> 38^{\circ}\text{C}$
- 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.

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