

# Post Operative Care Instructions For Liposuction / Fat Injections

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Bruising is normal following surgery. This will improve and will resolve in 2-4 weeks. Avoid sun exposure to bruised areas or they may remain permanently darkened.

Some swelling will be present for 3-6 weeks, sometimes even longer. Remember that you will not have your FINAL result for 6 months following surgery. Elevation of the surgical site will help immediately after surgery. Try to be patient. It will be well worth the wait!

Possible numbness/tingling over suctioned areas. This is temporary but may take several weeks to return to normal.

Some secretions/bleeding from incision sites is normal for the first few days.

Some "lumpiness" or irregularities over the suctioned areas. This should be a temporary problem related to your swelling. It usually softens over a period of months.

Discomfort should be controlled with the pain medication that has been prescribed.

Nausea is sometimes experienced following general anesthesia. Please use the prescription given, if needed.

**IMPORTANT** When you remove your garment, you should do so in bed. After removing the garment lay back in bed for a few moments. Then advance to a sitting position and maintain this position for a few moments before dangling your legs and progressing to a standing position. It is not unusual to feel faint after removing the garment. Some patients have reported fainting. Take it slow and easy. The first time you remove the garment it may be wise to have someone at home to help you.

Wear your garment at all times except when showering. This is the most important thing that you can do to speed your recovery. You may shower the day following surgery. If there are heavy foam pieces under the garment, you may remove them and throw them away when you take off the garment.

No strenuous activity or heavy lifting for 4 weeks. Normal daily activity is encouraged and important, just take it easy.

**NO SMOKING** for at least two weeks before and one month following surgery! Smoking robs your skin of its blood supply and impairs your body's ability to heal itself.

Report any sudden changes such as an increase in pain and swelling in a specific site or a fever over 101.

***If you should need to reach Dr. Coberly after hours or during the weekend please call (813) 448-6550 to reach the answering service.***