



Plastic & Hand Surgery
ASSOCIATES, LLC

POST-OP INSTRUCTIONS FOR LIPOSUCTION

1. Wash your hands with antibacterial soap before changing dressing or touching incisions.
2. No heavy lifting or straining.
3. You may shower the day after surgery. Use antibacterial soap and pat dry. You may remove dressings and girdle/binder for shower only then re-apply (you may use maxi pads for dressings). **DO NOT** take a bath or swim until your doctor gives you approval.
4. You will need assistance putting on girdle/binder. The tag should be on the outside of the girdle. Step into the girdle, lie down and have someone assist with hooks and zippers.
5. Take medications as prescribed. Finish the whole prescription of antibiotics. You may discontinue your prescription pain medication as tolerated and switch to Ibuprofen or Tylenol.
6. Notify your physician at **601.939.9999** or **1.866.939.4999** if a temperature greater than 101 develops and last for more than 24 hours. Notify your physician also if there are any signs of **infection** (redness or warmth at incision site or foul smelling drainage).
7. If you cannot reach your physician and immediate attention is needed, go to your nearest emergency room.

Note: The purpose of our after-hours on call service is for emergencies. If you have a routine questions, that is not answered above, please wait until after 8.30am the following morning to call our office, and we will be more than happy to answer any and all questions.