

## Cosmetic Surgery Associates of New York

### **LIPOSUCTION POSTOPERATIVE INSTRUCTIONS**

**Below materials are general guidelines. Each patient is different and each procedure is unique to that patient. All aspects of your postoperative care will be discussed with you by your surgeon and modified to your particular case.**

1) Please have someone available to drive you home from the office and remain with you the first night after surgery. **You do not need medical care, only "TLC."**

2) After surgery, you will have bandages covering the small incision sites. On top of the bandages will be a garment or binder depending on the treated area. The garment will be snug and is used to provide gentle pressure to the treated area to help minimize swelling and bruising. Expect to have significant drainage from the incision sites for the first 24-48 hours. **THIS IS NORMAL.** You may loosen the binder for 10-15 minutes if it feels "too tight".

**\*The garment or binder should be worn 24 hours a day except when showering until your first postoperative visit (continued use of the binder will be discussed at that time).**

3) It is OK to shower 24 hours after surgery. After you shower, cover the puncture sites with bandaids and replace the garment. You may want to have someone assist you with your first shower.

4) Avoid strenuous activity for at least one week after surgery.

5) Wear your garment 24 hours a day (except to shower) for 1 week after surgery and then at night for an additional 2 weeks or longer.

6) It is normal to have swelling and bruising for several weeks after surgery. Remember everyone heals differently. It takes months to see your final result.

7) Avoid direct sun exposure for several weeks after surgery.

8) Drink plenty of fluids. It is easy to become dehydrated after surgery.

9) **You can drive yourself when you feel it's safe and comfortable.** If you feel a little stiff, you may have difficulty doing the things you need to do when driving. Play it safe and use your own judgment. You cannot drive if you require pain medications other than Tylenol.

11) **Call immediately if you experience any of the following: Fever > 101.0, shakes and chills, severe unrelieved pain, bright red blood from the incision site or sudden onset of significant swelling.**

**FOR ROUTINE QUESTIONS, CALL THE OFFICE WEEKDAYS BETWEEN  
9 AND 5. FOR AN EMERGENCY, TELEPHONE ANYTIME, 914-761-8667**